

SAMPLE MENU Lino Lakes Assisted Living SAMPLE MENU

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST 7:30 – 9:00	Eggs Sausage Hot or Cold Cereal Toast	Eggs Hot or Cold Cereal Plain or Raisin Toast	Ham and Cheese Eggs Hot and Cold Cereal Toast	Eggs Hot or Cold Cereal Danish Toast	Eggs Hot or Cold Cereal Toast	French Toast Eggs Sausage Hot or Cold Cereal Toast	Eggs Hot or Cold Cereal Coffee Cake Toast
LUNCH 11:30 – 1:00	Beef Pot Roast Mashed Potatoes Gravy Green Vegetable Dinner Roll Dessert	Chicken Chow Mein or Pork Roast Seasoned Whole Grain Rice Vegetable Dessert	Open Face Roast Beef Sandwich With Gravy Green Vegetable Dessert	Cream of Potato Soup or Cheese and Broccoli Soup Salad Breadstick Dessert	Meatloaf Baked Potato Green Vegetable Dessert	Walleye Fingers or Stuffed Green Pepper Sour Cream Mashed Potatoes Green Vegetable Dessert	Chicken Alfredo Green Vegetable Dessert
	Carb Cont Option	Carb Cont Option	Carb Cont Option	Carb Cont Option	Carb Cont Option	Carb Cont Option	Carb Cont Option
DINNER 4:30 – 6:00	Sliced Ham Sandwich or Egg Salad Sandwich Carrots/Celery Chicken Noodle Soup Light Dessert	Hot Dog or Hamburger Baked Beans Vegetable Salad Light Dessert	Taco Salad or Soft Tacos With toppings Light Dessert	Meatball Subs Vegetables French Fries Light Dessert	BBQ Chicken Sandwich or Chicken Parmesan Sandwich Vegetable Light Dessert	Tater Tot Hotdish Vegetables Dinner Roll Dessert	Biscuits and Gravy or Western Omelet Fruit Salad Light Dessert
	Carb Cont Option	Carb Cont Option	Carb Cont Option	Carb Cont Option	Carb Cont Option	Carb Cont Option	Carb Cont Option

Lunch and Dinner Alternates Always Available: Soup, Salad, Peanut Butter and Jelly Grilled Chicken Breast and Grilled Cheese.

Diabetic Friendly Desserts Always Available: Ask Your Server.

Carb Controlled Options Available for Each Meal Include Vegetables and Fruits and Occasional Protein.

Sandwiches and Dinner Roles are Whole Wheat Unless Otherwise Noted.

Menu Subject to Change.