

MALLARD COVE ASSISTED LIVING SUMMER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast Biscuits & gravy	Corned beef hash bacon, fresh fruit	French toast, sausage, fresh fruit	Pancakes, sausage, fresh fruit	Croissant egg and cheese with bacon, fresh fruit	Waffles, sausage, fresh fruit	Avocado toast, bacon, fresh fruit
Lunch Teriyaki salmon, rice, broccoli Vanilla pudding	PICNIC ON THE PATIO Steaks, potato salad, grilled zucchini Cookies	Lo mien, egg rolls Blondie's	Fried chicken, mashed potatoes, coleslaw Watermelon	Brats, veggie pasta salad Ice cream sundaes	Fried cod, hush puppies, coleslaw Peanut butter pie	Chicken cordon bleu, roasted vegetables/potatoes caesar salad Mango sorbet
Supper Lentil soup, egg salad croissant	Grilled cheese and tomato soup.	Chef salad, cottage cheese	Tuna salad sandwich, french fries	Taco salad, tortilla chips, guacamole	Corn chowder, shrimp caesar salad,	Club sandwich, broccoli salad
Lunch Teriyaki salmon, rice, broccoli Chocolate pudding	PICNIC ON THE PATIO Grilled chicken, baked potato casserole, coleslaw Grilled Pineapple	BBQ ribs, macaroni salad, tomato slices Strawberry rhubarb pie	Macaroni & cheese, sausage, green beans Lemon Bars	Hamburgers, corn on the cob, chips Ice cream sundaes	Whitefish lemon dill sauce, rice, asparagus Lemon marange pie	Spaghetti bake, garlic bread, toss salad Tiramisu
Supper Chicken salad croissant with broccoli cheddar soup	Potato leek soup, arugula, blue cheese salad	Creamy chicken soup, bacon, ranch salad	Cucumber salad, gyros	Bean soup, ham salad sandwich	Lemon chicken orzo soup, 7-layer salad	BLT sandwich, waffle fries
Lunch Parmesan chicken, caesar salad Butterscotch pudding	PICNIC ON THE PATIO Steaks, potato salad, grilled zucchini Cookies	BBQ chicken, roasted potatoes, cucumber salad Rocky road brownies	Beef stroganoff, broccoli Strawberry angel food cake	BBQ pulled pork, cowboy caviar Ice cream sundaes	Fried cod, hush puppies, coleslaw Peanut butter pie	Chicken cordon bleu roasted vegetables, potatoes, caesar salad Mango sorbet
Supper Cob salad, blueberry muffin	Taco salad, tortilla chips, and guacamole.	Chef's salad, cottage cheese	Chicken caesar salad with garlic bread	Grilled cheese, tomato soup	Corn chowder, shrimp caesar salad	Curry chicken salad sandwich, broccoli salad
Lunch Glazed ham, sweet potatoes, tossed salad Pistachio Pudding	PICNIC ON THE PATIO Grilled chicken, baked potato casserole, coleslaw Grilled pineapple	BBQ ribs, baked beans, corn Strawberry/rhubarb pie	BBQ chicken, macaroni salad, slice tomatoes Jello salad	Hamburgers, corn on the cob, chips Ice cream sundaes	Whitefish, rice, asparagus Lemon marange pie	Spaghetti bake, toss salad Tiramisu
Supper Tortellini salad, cottage cheese	BLT, fries	Shrimp, asparagus pasta	Chef's choice	Taco salad, guacamole, chips	7-layer salad, lemon orzo soup	Chicken salad sandwich, grape salad