

Start your day with a Continental Breakfast available from 6:30AM-8:00AM in our family dining room. Breakfast selections include of juices, coffee, tea, a variety of toasting breads, English muffins, and an assortment of spreads and jams. Chat with your neighbors or enjoy a cup of coffee with the newspaper.

### Daily offerings

| Juices                                 | Other Beverages  | Rotational Bakery Breads  | Spreads and Toppings   |
|--|--|---|--|
| Orange<br>Apple<br>Tomato<br>Cranberry | Milk<br>Coffee<br>Assorted herbal and caffeinate hot tea | Wheat<br>White<br>Rye<br>Sourdough<br>English muffins<br>Bagels<br>Scones<br>Cinnamon raisin breads | Butter or margarine<br>Honey,<br>Strawberry jam<br>Orange marmalade<br>Nutella<br>Cream cheese |

### **Other possibilities for every day or as desired**

1. Variety of cold cereals either individually or shared big boxes
2. Individual oatmeal packets or to bulk ready to eat to be created in batches
3. Hardboiled eggs, yogurt cups, sliced cheeses
4. Fruit cups, grapefruit halves, seasonal berries,
5. Fruit smoothies
6. Nutritional drinks like Boost or V8, fruit smoothies or meal replacement beverages
7. Frozen waffles, pancakes, egg sandwiches, strudels and other prepackaged products

### **Special days, birthdays and events**

Doughnut days, breakfast with the chef, omelets to order, in-house made cinnamon rolls, Sunday brunches, family breakfasts, Grandkid days, Girl Scouts or other service group breakfasts, church with breakfast and more.

# Supper



| Sun  | Mon  | Tue  | Wed   | Thu   | Fri   | Sat   |
|--|--|--|---|---|---|---|
|  |  |  |   |   | 1   | 2   |
|  |  |  |   |   | Ham and Swiss cheese croissant with fresh fruit cup | Poached dill salmon on field greens with onion vinaigrette    |
| 3  | 4  | 5  | 6   | 7   | 8   | 9   |
| Chicken ala King over English muffins              | Warm Italian panini with potato chips                                | Spinach and mushroom quiche                          | Tomato and onion grilled cheese with sweet potato fries | Albacore tuna salad plate with fresh fruit          | Crunchy buttermilk chicken with coleslaw            | Carved pork loin with mango salsa and Basmati rice            |
| 10   | 11   | 12   | 13  | 14  | 15  | 16  |
| Mandarin orange cod with potato and onion pancakes | Fresh tossed Lemon Linguini with shaved ham                          | Creamy tomato soup and apple and grape Waldorf salad | French onion soup with Brie cheese croutons             | Teriyaki turkey medallions with snap pea fried rice | Minnesota's best Tater tot hot dish bowls           | Carved turkey and provolone cheese sandwiches with pesto mayo |
| 17   | 18   | 19   | 20  | 21  | 22  | 23  |
| Wild rice meatballs with cranberry apple compote   | Deli night: Made to order sandwiches, pickles and chive potato salad | Salmon burgers with mashed sweet potatoes            | Sausage and cheddar baked potatoes                      | Winter gazpacho with garlic crostini                | Falafel and hummus plate with sliced veggies        | Football white bean chili and corn bread                      |
| 24   | 25   | 25   | 27  | 28  | 29  | 30  |
| Chef Harlan's Birthday Surprise Supper             | Kielbasa mac and cheese  | Balsamic Pork loin with mashed potatoes              | Peachy Chicken with smashed potatoes                    | Strawberry French toast                             | Breaded pork cutlets with prune and Dijon sauce     | Chicken Marsala with orzo                                     |



| Sun   | Mon  | Tue  | Wed  | Thu   | Fri  | Sat  |   |
|---|--|--|--|---|--|--|---|
|   |  |  |  |   | 1  | 2  |   |
| <b>All dinners paired with hot and fresh vegetables from the market</b> |  |  |  |   |  | Thyme roasted chicken with cranberry dressing            | Beer marinated pot roast with pan gravy and smashed gold potatoes |
| 3   | 4  | 5  | 6  | 7   | 8  | 9  |   |
| Design your own pizzas Pepperoni, Sausage or veggies Your choice        | Lemon and caper halibut served over rice pilaf                   | Apple and honey glazed pork loin served with herbed Yukon potatoes | 1950's Porcupine meatballs with Parmesan noodles | Beef and vegetable stew with boiled potatoes        | Spaghetti Bolognese with garlic toast          | Country chicken noodle soup with warm whole wheat rolls  |   |
| 10  | 11   | 12   | 13   | 14  | 15   | 16   |   |
| Salisbury steaks mashed potatoes & farmer gravy                         | Eggplant Parmesan served on Roman rice                           | Liver, bacon and onions with parsley potatoes                      | Herb grilled chicken and penne pasta             | Pineapple ham loaf & Sweet potatoes                 | Salmon steaks with twice baked potatoes        | Egg frittata with sundried tomatoes and Swiss cheese     |   |
| 17  | 18   | 19   | 20   | 21  | 22   | 23   |   |
| Chef Harlan's famous BBQ Ribs and creamy corn                           | Chicken schnitzel with lemon glaze and smashed baby red potatoes | Stuffed pork chops with buttered noodles                           | Penne Pasta tossed with asparagus pesto          | Pan seared cod with roast corn pudding              | Paprika beef stroganoff over butterfly noodles | Turkey and rice stuffed peppers                          |   |
| 24  | 25   | 25   | 27   | 28  | 29   | 30   |   |
| Chicken and wild rice soup served in a sour dough bread bowls           | Ground sirloin patty melt on rye with onion rings                | Minnesota crock pot chicken and rice                               | German bratwurst with braised red cabbage        | Sliced Turkey Breast with Mashed potatoes and gravy | Creamy Shrimp Alfredo over linguini            | Swedish meatballs with lingonberry jam over potato puree |   |