

# Sample Weekly Menu

Breakfast 7:30 am - 9:00 am  
Lunch 11:30 am - 1:30 pm  
Dinner 4:30 pm - 6:30 pm

Lynnhaven Cove:  
Breakfast 8:00 am  
Lunch 12:30 pm  
Dinner 5:30 pm



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Cream of Wheat Coffee Cake <i>Always Available*</i>	Grits Blueberry Muffins <i>Always Available*</i>	Cream of Wheat Pancakes <i>Always Available*</i>	Oatmeal French Toast <i>Always Available*</i>	Cream of Wheat Ham & Cheese Quiche <i>Always Available*</i>	Grits Waffles <i>Always Available*</i>	Oatmeal French Toast <i>Always Available*</i>
LUNCH	Tomato Soup Tuna Salad Melt Roasted Turkey Salisbury Steak Stuffing & Gravy Mixed Vegetables Beets Dinner Roll  <i>Always Available**</i>	Vegetable Chili Chef Salad Bacon Cheeseburger Pulled Pork Potato Salad Coleslaw Green Beans Cornbread  <i>Always Available**</i>	Minestrone Soup Turkey Curry Salad Sloppy Joe Chicken Fajitas Jasmin Rice Fresh Corn Mexican-Style Beans Dinner Roll  <i>Always Available**</i>	Butternut Squash Soup Veggies & Spinach Shrimp Fried Rice Turkey & Swiss Croissant Sweet Potato Fries Summer Squash Peas & Carrots Garlic Bread  <i>Always Available**</i>	Chicken & Rice Soup Pasta & Vegetable Salad Pizza Pastrami on Rye Crispy Potato Bites Green Beans Carrots Dinner Roll  <i>Always Available**</i>	Clam Chowder Tomato & Mozzarella Caprese Salad Parmesan Crusted Tilapia Roasted Sweet Potatoes Lima Beans Beets Cornbread  <i>Always Available**</i>	Cream of Potato Soup Greek Salad Beef Stew Pimento Cheese Sandwich Mashed Potatoes Mixed Veggies Black Beans with Ham Biscuits  <i>Always Available**</i>
DINNER	Fresh Salmon Fillet Crispy Chicken Strips Garlic Potatoes Garden Peas Carrots Dinner Roll Red Velvet Cake  <i>Always Available**</i>	BBQ Chicken Chili Dog Macaroni Salad Fresh Greens Fried Green Tomatoes Cornbread Apple Pie with Vanilla Ice Cream  <i>Always Available**</i>	Crab Cakes Chopped Steak with Onions Baked Sweet Potatoes Steamed Broccoli Cauliflower Dinner Roll Orange Cake  <i>Always Available**</i>	Fried Flounder Chicken Pot Pie Au Gratin Potatoes Asparagus Cabbage Garlic Bread Butterscotch Pudding  <i>Always Available**</i>	Pot Roast Beef Hawaiian Chicken Curry Coconut Rice Fresh Corn on the Cob Baked Beans Dinner Roll Apple Dutch  <i>Always Available**</i>	Vegetable Lasagna Bourbon Chicken Roasted Potatoes Cauliflower Broccoli Cornbread Cheesecake  <i>Always Available**</i>	Fresh Water Trout Chicken Stroganoff Roasted Potatoes Carrots Fried Okra Dinner Roll Chocolate Cake  <i>Always Available**</i>

\*Breakfast Always Available: Eggs, Cold Cereal, Fresh Fruit, Toast, Sausage or Bacon

\*\*Lunch and Dinner Always Available: BLT, Turkey Sandwich, Grilled Cheese Sandwich, Ham and Cheese Sandwich, Hot Dog, Tuna Salad, Chicken Salad, Egg Salad, Cottage Cheese, Crackers, Small Garden Salad, Mashed Potatoes, Fresh Fruit, Potato Salad, Apple Sauce, Chips

Coffee, tea, milk, and assorted juices served at every meal. Ice cream and sugar-free desserts available upon request.

