

Aug 7th to Aug 13th

Weekly Menu

Assisted Living

| | Monday 7 | Tuesday 8 | Wednesday 9 | Thursday 10 | Friday 11 | Saturday 12 | Sunday 13 |
|-----------------------------------|--|---|---|---|---|---|---|
| | BREAKFAST | | | | | | |
| Daily Breakfast Specials | Belgium Waffle Chicken Apple Sausage | Scrambled Eggs Breakfast Ham Diced Sweet Potatoes | Spinach, Mozzarella and Tomato Frittata Breakfast Kielbasa | Banana Pancakes Canadian Bacon | Cheese Strata Bacon | Breakfast Burrito (OSG) Sausage Links Breakfast Potatoes | Baked Egg & Ham Bacon Hashbrowns |
| | LUNCH | | | | | | |
| Lunch Soup | Broccoli & Cheese | Cream of Asparagus | Southwest Vegetable | Chicken Tortilla | Pasta Fagioli (OSG) | Cream of Spinach | Chicken Tortellini |
| Daily Lunch Special #1 | Watermelon & Mint Salad | Chicken Tenders | Pulled Carolina BBQ Pork on Kaiser Bun with Creamy Coleslaw | Santa Fe Turkey Wrap with House Chips | Philly Cheesesteak Sandwich on Hoagie Roll | California Salmon Burger on Kaiser Bun with Sweet Potato Fries | Carved Prime Rib |
| Daily Lunch Special #2 | Parmesan Baked Tilapia | Beef Stuffed Peppers | Turkey Meatloaf | Seared Flat Iron Steak with Compound Butter | Stuffed Airline Chicken Breast | Teriyaki Pork Medallion | Seared Cob with Lemon Butter Sauce |
| Lunch Starch & Veggie | Cous Cous with Peas Steamed Broccoli | Roasted Fingerling Potatoes Sauteed Yellow Squash | Scallion Mashed Potatoes Tri Colored Cauliflower | Steamed White Rice Roasted Asparagus | Roasted Red Potatoes Sauteed Zucchini & Mushrooms | Garlic Fried Lo Mein Chilled Bok Choy | Herbed Fingerling Potatoes Roasted Tri Colored Carrots |
| | DINNER | | | | | | |
| Dinner Soup | Chicken Minestrone (OSG) | Tuscan Chicken & Beans | Seafood Bisque | Cream of Potato | New England Clam Chowder | Beef Pho | Garden Vegetable (OSG) |
| Dinner Special #1 | Citrus BBQ Chicken Quarter | Pork & Black Bean Chili with Jalapeno Cornbread | Seared Sea Bass with Blistered Tomatoes, Olives & Spinach | Seared Flat Iron Steak with Compound Butter | Salmon Dijonnaise | Teriyaki Pork Medallions | Seared Cob with Lemon Butter Sauce |
| Dinner Special #2 | Parmesan Baked Tilapia | Beef Stuffed Peppers | Turkey Meatloaf | Tequila Lime Chicken Street Tacos | Stuffed Airline Chicken Breast | Shrimp Kebobs | Chicken Marbella with Prunes, Green Olives & Capers |
| Dinner Starch & Veggie | Stewed Lentils Crispy Brussel Sprouts | Parmesan Creamy Polenta Garlic Green Beans | Scalloped Potatoes Tri Colored Cauliflower | Spiced Black Beans Spanish Rice Mexican Chayote Squash | Cauliflower Mash (OSG) Broccoli with Garlic | Pineapple Fried Rice Asian Stir-Fried Vegetables | Wild Rice Pilaf Summer Squash & Basil |

Revised on August 5, 2023

| | Monday 7 | Tuesday 8 | Wednesday 9 | Thursday 10 | Friday 11 | Saturday 12 | Sunday 13 |
|--------------------------------|------------------------|----------------------------|----------------------------|---------------------|------------------|-----------------------|-----------------------|
| Lunch Special Desserts | Jello | Caramel Apple Cake (D) | Strawberry Crumble Bar (D) | Pudding Parfait (D) | Banana Bread (D) | Banana Split Cake (D) | Banana Split Cake (D) |
| Dinner Special Desserts | Caramel Apple Cake (D) | Strawberry Crumble Bar (D) | BIRTHDAY CAKE (D) | Peach Cobbler (D) | Fruit Pie (D) | Ice Cream Sundae (D) | Cream Pie (D) |

also available menu

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| Also Available Entrees & Sandwiches | The O'Connor Burger | OCW Turkey Club | Pastrami & Swiss Sandwich | Turkey Burger | Spaghetti & Marinara |
| | The O'Connor All Beef Hot Dog | Grilled Chicken Club Sandwich | Shrimp or Chicken Teriyaki Stir Fry over Rice | Grilled Salmon (Mon – Sun) | Grilled Chicken Breast With Fruit Salsa |
| Also Available Specialty Salads | Side Garden Salad | Side Caesar Salad | Grilled Chicken Caesar Salad | | |
| Also Available Sides | Steamed Broccoli | Mashed Potatoes(D) | Steamed Spinach or Glazed Carrots | Steamed White Rice | Lay's Chips |