

Oct23 <sup>rd</sup> to Oct29 <sup>th</sup>		Weekly Menu					Assisted Living	
	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29	
	BREAKFAST							
Daily Breakfast Specials	Greek Egg Scramble with Sliced Italian Sausage	Breakfast Ranchero Tostada Chorizo	Sunrise Breakfast Sandwich with Canadian Bacon	Scrambled Eggs Canadian Bacon	Corned Beef Breakfast Skillet	Biscuit & Sawmill Gravy Sausage Links	Farmers Breakfast Skillet	
	LUNCH							
Lunch Soup	Classic Ground Beef and Bean Chili	Black Bean Soup(GF)	Southwest Vegetable Soup	Turkey Vegetable Soup	New England Clam Chowder	Cauliflower Cheese Soup	Potato Bacon Soup	
Daily Lunch Special	<b>Turkey Melt</b> Carved Turkey on Toasted Sourdough with Melted Cheddar Cheese, Provolone and Caramelized Onions	<b>Pulled Pork Sandwich with Cole Slaw and Onion Rings</b> Tender Pulled Pork on a Kaiser Bun. Topped with Coleslaw and served with Onion Rings	<b>Shrimp Po' Boy with Old Bay Potato Chips</b> Butter Poached Shrimp in a Toasted Hoagie Roll with Cajun Mayonnaise, Tomato, and Lettuce. Served with Old Bay Potato Chips	<b>Gyro Flatbread with Crispy Potato Fries</b> Shaved Beef and Lamb Gyro stuffed in a toasted flatbread with Fresh Tomato, Lettuce and Creamy Yogurt Sauce	<b>Crispy Chicken Sandwich with Crisp Tomato &amp; Cucumber Salad</b> Crispy Fried Chicken Breast on a Ciabatta Roll with Honey Mustard, Swiss Cheese, Lettuce and Tomato. Served with a Cucumber Tomato Salad	<b>Turkey or Tofu Lettuce Wrap</b> Ground Turkey or Crisp Tofu wrapped in a Lettuce Leaf with Ginger, Mushroom, Basil and Hoisin Sauce	<b>Chicago Hot Dog with BBQ Potato Chips</b> All Beef Hot Dog topped with Tomato, Onion, Relish and Mustard. Served with BBQ Potato Chips	
All Day Special	<b>German Style Beef Sauerbraten</b> Beef Round Marinated with Burgundy Wine and Vinegar, Peppercorn and Bay. Served with Hot German Potato Salad and Stewed Purple Cabbage	<b>Salmon Vera Cruz</b> Pan Roasted Salmon topped with Fresh Tomato Salsa and Cilantro	<b>Chicken Adobo with Jasmine Rice &amp; Coconut Pineapple Salsa</b> Soy and Garlic Braised Chicken Legs with Green Onions, Pineapple and Coconut Salsa and Jasmine Rice	<b>Linguine with Sundried Tomato Cream Sauce</b> Topped with your choice of Pan Roasted Salmon or Grilled Chicken Breast. Served with Parmesan Cheese and French Bread	<b>Thai Coconut Curry Noodle Bowl</b> Rice Noodles topped with Cilantro Lime Chicken, Shiitake Mushrooms, Carrot, Snap Pea, Green Onion, Sesame Seed, Peanut and Coconut Curry Broth	<b>Herb Crusted Salmon Fillet</b> Herbs Fines Crusted Salmon Filet with Lemon	<b>Memphis BBQ Shrimp and Grits</b> Creamy Cheese Grits topped with Southern Blackened Shrimp and Drizzled with BBQ Sauce	
Lunch Starch & Veggie	Warm German Potato Salad Stewed Cabbage	Parsley Carrots Creamed Corn	Jasmine Rice Glazed Carrots	Roasted Asparagus Herbed Linguine	Crisp Tomatoes & Cucumbers Buffalo Cauliflower	Roasted Red Potatoes Dijonnaise Haricot Vert	Cheese Grits Butter Sauteed Fresh Collard Greens	
	DINNER							
Dinner Soup	Curried Zucchini Soup	Creamy Pumpkin Puree with Turmeric and Ginger	Tomato Rice Soup	Wild Mushroom & Barley Soup	Vegetarian Lentil Soup	Chicken & Sausage Gumbo Soup	Chunky Mushroom Artichoke and Spinach Soup	
Dinner Special	<b>Poached Salmon with Dill Sauce</b> Fresh Salmon Poached in White Wine and Lemon with Yogurt Dill Sauce and Steamed Spinach	<b>Wonton Soup Char Siu Pork BBQ</b> Pork and Shrimp Wontons in a Soy Ginger Chicken Broth with Chinese BBQ Pork, Carrot, Broccoli and Bok Choy	<b>Carved Bistro Steak Medallions</b> Medium Rare Carved Teres Major with Au Gratin Potatoes and Sea Salt Green Beans	<b>Crispy Beef Tacos</b> Crispy Corn Tortillas filled with Spiced Ground Beef, Lettuce, Tomato and Cheese. Served with Refried Beans, Mexican Rice and Zucchini & Corn	<b>Butternut Squash Ravioli with Prosciutto</b> Ricotta Stuffed Ravioli Sauteed with Roasted Butternut Squash, Sage, Prosciutto, Brown Butter and Parmesan Cheese	<b>NY Strip Steak</b> Carved NY Strip with Whipped Potatoes and Creamed Spinach. Served with Horseradish Cream	<b>Chicken Caprese(OSG)</b> Grilled Chicken Breast topped with Tomato, Fresh Mozzarella and Basil Bruschetta. Served with Rainbow Quinoa and Baked Acorn Squash	
Dinner Starch & Veggie	Warm German Potato Salad & Stewed Cabbage Steamed Fresh Spinach	Butternut Squash Risotto Broccolini w/Garlic	Au Gratin Potatoes Sea Salt Green Beans	Refried Beans & Mexican Rice Mexican Zucchini & Corn	Ratatouille Herbed Red Potatoes	Parmesan Whipped Potatoes Creamed Spinach	Rainbow Quinoa Baked Acorn Squash	

# also available menu

Also  
Available  
Entrees &  
Sandwiches

The O'Connor Burger	OCW Turkey Club	Rueben Sandwich Served on Rye Bread	Turkey Burger	Creamy Vodka Penne with Grilled Chicken and Spinach®
The O'Connor All Beef Hot Dog	Grilled Chicken Breast With Balsamic Glaze	Shrimp or Chicken Teriyaki Stir Fry over Rice	Grilled Salmon	

Also  
Available  
Specialty  
Salads

Side Garden Salad	Side Caesar Salad	Warm Spinach Salad w/ Chicken (Spinach, bleu cheese, kalamata olives, red onions, bacon pieces, warm balsamic vinaigrette)	Shrimp Quesadilla with Sour Cream and Pico de Gallo
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Also  
Available  
Sides

Steamed Broccoli or Sautéed Carrots	Mashed Potatoes(D)	Steamed Spinach	Steamed White Rice	Lay's Chips
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