

weekly menu July 3 rd to July 9 th							Independent Living
	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8	Sunday 9
Daily Breakfast Specials	Egg & Cheese on English Muffin Bacon	4 th of July BBQ Salads: Red Potato Salad Macaroni Pasta Salad Creamy Coleslaw Buffet: Grilled Burgers on Kaiser Bun Beef Hot Dog BBQ Chicken Quarter BBQ Pork Ribs Whipped Mashed Potatoes Corn on the Cob Roasted Broccoli with Onions Grilled Zucchini & Tomatoes Dessert: Sliced Watermelon Assorted Cookies Ice Cream Novelties Ice Cream Cups	Breakfast Potato Casserole Turkey Sausage	Scrambled Eggs Breakfast Ham Hashbrowns	French Toast with Blueberry Compote Fresh Fruit	Asparagus & Pepper Frittata Breakfast Ham	Strawberry Pancakes Bacon
Daily Soups	Garlic Brussel Sprout		Maryland Crab	Seafood Gumbo	New England Clam Chowder	Beef & Vegetable Barley	Oven Roasted Tomato Bisque (OSG)
	Navy Bean		Turkey Vegetable	Cream of Broccoli	Vegetarian Chili	Grilled Corn & Potato Bisque	Creamy Curry Sweet Potato
Daily Lunch Special #1	Sausage & Mushroom Flatbread		Italian Sausage with Hoagie Steak Fries	Smothered Chicken Thigh & Mushroom Gravy	Chicken Pecan Salad Sandwich with House Chips	Creamy Vegetable Lasagna with Garlic Bread	<u>Champagne Brunch</u> -Omelet Bar -Blintz with Berry Compote
Daily Lunch Special #2	Southern Fried Chicken with Gravy		Cheese Ravioli with Marinara Sauce	Garlic Pork Medallion	Honey Glazed Salmon	Turkey Burger with Onions (OSG)	<u>Salads:</u> -Mediterranean Pasta Salad -Strawberry Field Green Salad
Daily Lunch Sides	Roasted Sweet Potatoes Green Beans & Bacon		Garlic Bread Steamed Yellow Squash	Corn with Caramelized Red Onions Sauteed Spinach & Mushrooms	Rice Pilaf Roasted Rainbow Carrots	Steak Fries Pineapple Coleslaw	<u>Carving Station:</u> -Beef Chuck Roast <u>Buffet:</u> -Spinach, Tomato & Mushroom Frittata -Tilapia with Herb, Tomato & Olives -Chicken Confit -Polenta Cake -Barley Pilaf with Veg -Summer Vegetable Medley -Green Beans with Caramelized Onions
Dinner Special #1	Southern Fried Chicken with Gravy		Cheese Ravioli with Marinara Sauce & Garlic Breadstick	Smothered Chicken Thigh & Mushroom Gravy	Turkey Salisbury Steak	Creamy Vegetable Lasagna with Garlic Bread	
Dinner Special #2	Honey Apple Pork Loin		Beef Pepper Steak	Onion Braised Beef Brisket	Honey Glazed Salmon	Mojo Shrimp Skewers	
Daily Dinner Sides	Garlic Smashed Potatoes Summer Herb Grilled Vegetables		Steamed White Rice Parmesan Roasted Cauliflower	Dilled Fingerling Potatoes Sauteed Mushrooms & Fried Leeks	Red Roasted Potatoes (OSG) Grilled Vegetable Medley	Steamed Jasmine Rice with Peas Roasted Broccoli with Red Peppers	
Dessert Features	Rhubarb Upside Down Cake		Brownie	Apple Berry Pie Bars	Chocolate, Chocolate Chip Banana Bread	Carrot Cake	Blueberry Custard Pie

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also available menu

<u>Lunch & Dinner Always Available</u> Entrees	Grilled Chicken Breast ® Choice of Fruit Salsa or Herb Butter Sauce		Chicken or Shrimp Teriyaki Stir Fry Served over Steamed Rice		Spaghetti & Marinara or Meat Sauce ®		Seared Salmon with Fruit Salsa or Garlic Aioli		New York Strip Steak ® With Mushroom Demi Glaze		
Lunch Always Available Handhelds	The O'Connor Burger (Sub Turkey Burger upon Request)		Naan Flat Bread Pizza (Pepperoni, Veggie, or Combination)		The O'Connor Club Sandwich		The O'Connor All-beef Hot Dog		OCW Deli Sandwiches Turkey, Ham, Tuna Salad, BLT, Grilled Cheese		
<u>Lunch Always & Dinner Available</u> Sides	Steamed Spinach	Broccoli	Sautéed Mushrooms	Glazed Carrots ®	Mashed Potatoes	Baked Potatoes or Sweet Potato	White Rice	French Fries or Onion Rings	House Chips ®	Coleslaw	
Always Available Small Plates Lunch & Dinner	O'Connor Woods Shrimp Cocktail				Choice of Shrimp, Chicken or Bacon Quesadilla with Sour Cream and Pico de Gallo				Beef Sliders Two Sliders served with Coleslaw ®		
Dinner Always Available Handhelds	The O'Connor Burger (Sub Turkey Burger upon Request)			The O'Connor Turkey Club Sandwich		Naan Flat Bread Pizza (Pepperoni, Veggie, or Combination)			Philly Cheesesteak Sandwich ®		
Always Available Salads	Strawberry Salad (OSG) Mixed Greens, Strawberries, Avocado, Quinoa, Fried Goat Cheese Ball and Sage Vinaigrette		Chef's Salad Sliced Turkey, Sliced Ham, American Cheese, Swiss Cheese, Hard Boiled Egg and Tomatoes			Cobb Salad Romaine, Hard Boiled Egg, Blew Cheese, Bacon, Chicken, Avocado and Tomatoes			Grilled Chicken Caesar Salad® Chicken Breast, Romaine Lettuce, Parmesan Cheese, Croutons, Cherry Tomatoes, Caesar Dressing		
Desserts	Daily Ice Cream Flavors		Sherbet or Sorbet		NSA Chocolate Cake		NSA Apple Pie		Café Cookies		New York Style Cheesecake

BREAKFAST 8AM TO 10AM LUNCH 11:30AM TO 2PM DINNER 4:30PM TO 7PM
Cafe Phone - Deliveries and Pick up Orders: 209-476-4080
DINING MANAGER ON DUTY PHONE 209-687-0255 from 10:30am to 7:00pm
Menus subject to change due to availability

® Item Rotation