

SAMPLE DINING MENU

 THE FOUNTAINS
AT RIVERVUE

Our chefs are constantly introducing new menus for our residents. Below is a sampling of menu items our residents enjoy daily.

Heart Healthy Options

This heart healthy symbol indicates a low fat, low cholesterol and low sodium item.

FEATURED BREAKFAST ENTRÉES

Buttermilk Pancakes

Fluffy Buttermilk Pancakes served with hot or cold Cereal, fresh seasonal Fruit, Eggs your way, choice of Bacon, Sausage or Ham, Breakfast Potatoes and Toast, Muffin or Pastry

Blueberry Breakfast Bake

Subtly sweet and loaded with blueberry flavor tasting just like a blueberry muffin served with hot or cold Cereal, fresh seasonal Fruit, Eggs your way, choice of Bacon, Sausage or Ham, Breakfast Potatoes and Toast, Muffin or Pastry

Belgian Waffles

Homemade Belgian Waffles served with hot or cold Cereal, fresh seasonal Fruit, Eggs your way, choice of Bacon, Sausage or Ham, Breakfast Potatoes and Toast, Muffin or Pastry

Breakfast Sandwich

Toasted flaky Croissant topped with a fried Egg and Cheddar Cheese served with hot or cold Cereal, fresh seasonal Fruit, Eggs your way, choice of Bacon, Sausage or Ham, Breakfast Potatoes and Toast, Muffin or Pastry

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FEATURED BREAKFAST ENTRÉES *(CONTINUED)*

French Toast with Fruit Topping

Homemade French Toast topped with a delicious berry topping served with hot or cold Cereal, fresh seasonal Fruit, Eggs your way, choice of Bacon, Sausage or Ham, Breakfast Potatoes and Toast, Muffin or Pastry

Denver Omelet

A perfect omelet made from Egg Whites, Ham, Onion, Sweet Peppers and Cheddar Cheese served with hot or cold Cereal, fresh seasonal Fruit, Eggs your way, choice of Bacon, Sausage or Ham, Breakfast Potatoes and Toast, Muffin or Pastry

SOUP

Beef Barley

Beer Cheese

Broccoli Cheese

Butternut Squash

Chicken and Rice

Chicken Lentil

 **Country Lima Bean**

Cream of Asparagus

Cream of Broccoli

 **Hearty Vegetable**

Italian Wedding

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SOUP *(CONTINUED)*

Kansas City Steak

Mexican Meatball

 **Pasta Fagioli**

 **Roasted Red Pepper**

Spinach Tortellini

Tomato Basil

Turkey Vegetable

Seafood Minestrone

SALAD

Dressings: Blue Cheese, Balsamic Vinaigrette, Raspberry Vinaigrette, French, Honey Mustard, Italian, Lite Italian, Ranch

 **House Salad**

Fresh Garden Greens served with your choice of Dressing

 **Chicken Caesar Salad**

Romaine Lettuce topped with grilled Chicken, shredded Parmesan Cheese and Croutons

 **Spinach Salad with Walnuts & Feta Cheese**

Fresh baby Spinach topped with tangy Feta Cheese and Walnuts drizzled with Raspberry Vinaigrette Dressing

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SALAD *(CONTINUED)*

Vegetarian Cobb Salad

Iceberg Lettuce topped with Tomatoes, Avocado, Green Onion and Cheddar Cheese served with your choice of Dressing

Greek Salad

Sliced Tomatoes, Cucumbers, Red Onion, Feta Cheese and Olives seasoned with Salt and Oregano, and dressed with Olive Oil

FEATURED LUNCH ENTRÉES

Bacon Cheeseburger

Juicy quarter pound Ground Beef patty cooked to order topped with thick cut smoked Bacon, melted Cheddar Cheese, Lettuce, Tomato, Onion, Avocado, Mayonnaise and Deli Mustard served with French Fries

Grilled Chicken Sandwich

Marinated grilled Chicken Breast topped with melted Mozzarella Cheese, Lettuce, Tomato, Onion, Mayonnaise and Mustard on a Whole Wheat Bun served with a House Salad

Turkey Club Sandwich

Slices of moist roasted Turkey Breast layered on choice of Bread, topped with Lettuce, Tomato, Mayonnaise and Deli Mustard served with Chips and fresh Fruit Salad

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FEATURED LUNCH ENTRÉES *(CONTINUED)*

Egg Salad Sandwich

Perfectly hard-boiled Eggs mixed with Mayonnaise, Dijon Mustard, Celery and Dill Pickle Relish on Rye Bread served with a Spinach Salad

BLT&A Sandwich

Generous portions of Bacon layered on choice of Bread, topped with Lettuce, Tomato, Avocado and Mayonnaise served with a Melon wedge and Raisin Salad

ACCOMPANIMENTS

Au Gratin Potatoes

-  **Baked Sweet Potato**
-  **Brown Rice Pilaf**
-  **Buttered Spinach**
-  **Corn Medley**
-  **Garlic Buttered Rice**
-  **Glazed Carrots**
-  **Grilled Fresh Vegetables**
- Herbed Rice**
-  **Lyonnaise Green Beans**
-  **Mashed Potatoes**

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ACCOMPANIMENTS *(CONTINUED)*

Mixed Pepper Slaw

 Sugar Snap Peas

 Parsley Red Potatoes

 Parslied Buttered Noodles

Peas with Red Peppers

 Seasoned Asparagus

 Seasoned Beets

Sautéed Broccoli Florets

 Sautéed Green Beans and Tomatoes

Sautéed Zucchini

FEATURED DINNER ENTRÉES

Sweet and Saucy Pork Chops

Pork Chops sautéed in Honey BBQ Sauce, Onions and Green Peppers until golden brown

Roasted Leg of Lamb

Leg of Lamb marinated with fresh Rosemary, Garlic, Mustard, Honey and Lemon zest and then slow roasted with Onions and Potatoes

Herbed Pot Roast

Herbed Chuck Roast slowed cooked with Carrots, Mushrooms, Potatoes, Zucchini and Squash in a Beef Broth

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FEATURED DINNER ENTRÉES *(CONTINUED)*

Swiss Steak with Gravy

Perfectly seasoned and browned Round Steak sautéed with brown Mushroom Gravy

Home-style Meatloaf

Fresh Ground Beef seasoned and slow cooked served with Gravy

Stuffed Peppers

Green Bell Pepper filled with spiced Ground Beef, Rice, Tomatoes and Garlic topped with Cheddar Cheese then baked

Lemon Herb Chicken

Breast of Chicken seasoned with a medley of Herbs, Garlic and Lemon then baked to a golden brown

Chicken Cordon Blue

Tender Breast of Chicken stuffed with Ham and Swiss Cheese then breaded with Parmesan Bread Crumbs and pan fried to a golden brown

Chicken Stir Fry

Tender pieces of Chicken Breast cooked with chefs medley of Vegetables served over Brown Rice

Herb Baked Flounder

Filet of Flounder lightly seasoned and baked

Spaghetti with Meatballs

Tender Ground Beef Meatballs simmered to perfection in a zesty Marinara Sauce served over Spaghetti

Eggplant Parmesan

Two thick slices of Eggplant breaded then baked in a rich Marinara Sauce and covered in a blanket of Mozzarella Cheese served over Spaghetti

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DESSERTS

Cakes

Boston Cream Mousse, Frosted Carrot, German Chocolate, Iced Walnut, Lemonade Cheesecake, Sunshine Jell-O

Pies

Banana Cream, Cherry Crumble, Custard, French Silk, Lemon Chiffon, Lemon Meringue, Oatmeal Cookie Peach Cobbler, Pecan, Peach Rhubarb Crumble, Strawberry Cream, Strawberry Rhubarb

Ice Cream

Ice Cream (Assorted Flavors), Ice Cream Sunday, Ice Cream Cookie Sandwich, Lime Sherbet, Root Beer Float

Other Sweet Treats

Bananas Foster Cupcake, Strawberry Shortcake, Tiramisu, Mint Brownie, Peanut Butter Brownie, Almond Shortbread Cookie, Banana Drop Cookie, Peanut Butter Oatmeal Cookie, Snickerdoodle Cookie, Baked Custard with Blueberries, Berry Parfait, Fruit Brulée, Coconut Citrus Bar, Chocolate Éclair, Rocky Road Pudding