



## Wentworth Senior Living Dining Selections week of 8/20/17

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
French Toast Sausage Danish	Scrambled Eggs Bacon	Cheese Omelets Homefries Sausage	Pancakes Bacon	Scrambled eggs Bacon Cinnamon Donuts	Waffles Sausage	Scrambled Eggs w/Cheese Homefries
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Fresh Garden Salad Fresh Fruit Salad Italian Wedding	Fresh Garden Salad Fresh Fruit Salad Broccoli Cheddar	Fresh Garden Salad Fresh Fruit Salad Beef Vegetable	Fresh Garden Salad Fresh Fruit Salad Tomato Florentine	Fresh Garden Salad Fresh Fruit Salad Lentil	Fresh Garden Salad Fresh Fruit Salad Clam Chowder	Fresh Garden Salad Fresh Fruit Salad Turkey Noodle
<b>Beef Tenderloin</b> Au gratin Potatoes Saute Spinach Carrots	<b>Citrus Salmon</b> Roasted Red Bliss Potatoes Asparagus Carrots	<b>Pork Loin w/ Apricot Raisin</b> Brown Rice Zucchini & Summer Squash Carrots	<b>Chicken Piccata</b> Over Pasta Vegetable Medley Carrots	<b>Turkey Tenderloin w/Gravy</b> Mashed Potatoes Green Bean Almondine Carrots	<b>Mediterranean Baked Fish</b> Baked Potato Beets Carrots	<b>Roasted Chicken Breast w/ Gravy</b> Rice Pilaf Summer Vegetable Au gratin Carrots
<b>Chicken Cordon Bleu</b> Au gratin Potatoes Saute Spinach Carrots Roll	<b>Meatball Cacciatore</b> Roasted Red Bliss Potatoes Asparagus Carrots Roll	<b>Chicken a La King</b> Brown Rice Zucchini and Summer Squash Carrots Biscuit	<b>Scallops Casino</b> with Pasta Vegetable Medley Carrots Roll	<b>Eggplant Parmesan</b> Mashed Potatoes Green Bean Almondine Carrots Roll	<b>Kielbasa w/Apple Onion</b> Baked Potato Beets Carrots Roll	<b>Shrimp Stir Fry</b> Rice Pilaf Summer Vegetable Au gratin Carrots Roll
Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert
<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
Italian Wedding	Broccoli Cheddar	Beef Vegetable	Tomato Florentine	Lentil	Clam Chowder	Turkey Noodle
<b>Baked Haddock</b> Potato Salad Chef's Vegetables	<b>Veal Cutlet with Brown Gravy</b> Waffle Fries Baby Carrots	<b>Grilled Vegetables with Salmon</b> Garlic Bread	<b>Chicken Meatballs w/ Honey Mustard Glaze</b> Mashed Potato Tomato & Basil Salad	<b>Vegetable Burger</b> Sweet Potato Tots Broccoli	<b>Fish &amp; Chips</b> Coleslaw	<b>Tuna Salad over Greens</b> Sliced Mangos Roll
<b>Steak &amp; Cheese Sub</b> Potato Salad Chef's Vegetables	<b>Turkey Burger</b> Tomato & Red Onion Salad	<b>Ziti w/ Meat Sauce</b> Baby Spinach Garlic Bread	<b>Shrimp Cocktail Plate</b> Tomato & Basil Salad	<b>Meatloaf Sandwich</b> Sweet Potato Tots Broccoli	<b>Roast Beef &amp; Cheddar</b> Lettuce & Tomato Coleslaw French Fries	<b>Broccoli Stuffed Chicken</b> Sliced Mangos Peas & Carrots
Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert Of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert



## Wentworth Senior Living Dining Selections week of 7/30/2017

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
French Toast Sausage Danish	Quiche Bacon	Scrambled Eggs Bacon Scones	Cheese Omelets Home fries	Pancakes Sausage Donut	Eggs Over Easy Bacon	Scrambled Eggs Sausage Coffeecake
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Fresh Garden Salad Fresh Fruit Salad Chicken and Rice	Fresh Garden Salad Fresh Fruit Salad Cream of Tomato	Fresh Garden Salad Fresh Fruit Salad Turkey Orzo	Fresh Garden Salad Fresh Fruit Salad Vegetable	Fresh Garden Salad Fresh Fruit Salad Beef Barley	Fresh Garden Salad Fresh Fruit Salad Lobster Bisque	Fresh Garden Salad Fresh Fruit Salad Minestrone
<b>Roast Turkey &amp; Gravy</b> Stuffing Mashed Potatoes Asparagus or Green Bean	<b>Corned Beef &amp; Cabbage</b> Boiled Potatoes Carrots Green Bean	<b>Tequila Lime Chicken Breast</b> w/ Tomato Relish Confetti Rice Summer Squash Green Bean	<b>Marinated Beef Tips</b> Mashed Potato Wax Beans Green Bean	<b>Pan Seared Duck Breast</b> W/Citrus Sauce Baked Potatoes Chef's Vegetable Blend	<b>Grilled Swordfish</b> Pineapple Salsa Vegetable Rice Zucchini & Tomatoes	<b>Turkey Cutlet w/Lemon Basil</b> Linguine Baby Spinach Green Bean
<b>Pork Chop with a thyme Gravy</b> Mashed Potatoes Asparagus or Green Bean	<b>Seafood Pie</b> Boiled Potatoes Carrots Green Bean	<b>Vegetable Lasagna</b> Summer Squash Green Bean Garlic Bread	<b>Coconut Shrimp Skewers</b> Mashed Potato Wax Beans Green Bean	<b>Meatloaf w/ Gravy</b> Baked Potatoes Chef's Vegetable Blend Green Bean	<b>Pork Tenderloin</b> w/ Warm Apple Compote Vegetable Rice Zucchini & Tomatoes	<b>Stuffed Sole</b> Linguine Baby Spinach Green Bean
Roll	Roll		Roll	Roll	Roll	Roll
Dessert of the Day Sugar Free Dessert	Dessert of the day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert
<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
Chicken and Rice	Cream of Tomato	Turkey Orzo	Vegetable	Beef Barley	Lobster Bisque	Minestrone
<b>Chicken Caesar Wrap</b> Smiley Fries Cucumber Dill Salad	<b>Macaroni &amp; Cheese</b> Stewed tomatoes	<b>Lobster Sliders Brioche Roll</b> French Fries Corn Salad	<b>Sweet &amp; Sour Chicken</b> Stir Fried Rice Oriental Vegetables	<b>Cheeseburger Sliders</b> Lettuce & Tomato Sweet Potato Tots Green Beans	<b>Pizza-Cheese, Veggie or Pepperoni</b> Garden Salad	<b>Hot Dogs &amp; Beans</b> Brown Bread Coleslaw
<b>Meatball Submarine</b> Smiley Fries Cucumber Dill Salad	<b>Egg Salad on a Croissant</b> Lettuce and Tomato Stewed tomatoes	<b>BBQ Chicken</b> French Fries Corn Salad	<b>Ham Salad Sandwich</b> Lettuce & Tomato Oriental Vegetables	<b>Chicken Fingers w/ choice of Sauce</b> Sweet Potato Tots Green Beans	<b>Roast Beef Sandwich</b> Lettuce & Tomato Garden Salad	<b>Shrimp Salad on a Roll</b> Capers Salad
Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert	Dessert of the Day Sugar Free Dessert



## Wentworth Senior Living Dining Selections week of 8/6/17

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Eggs Over Hard Bacon Danish	French Toast Sausage	Scrambled Eggs  Cinnamon Donut	Vegetable Strata Bacon	Pancakes Sausage	Ham Omelets Homefries Bacon	Scrambled Eggs Bacon Scone
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Fresh Garden Salad Fresh Fruit Salad Turkey & Spinach  <b>Roast Leg of Lamb w/Gravy</b> Oven Roasted Potatoes Carrots Baby Spinach <b>Grilled Rosemary Chicken Breast with Gravy</b> Oven Roasted Potatoes Carrots Baby Spinach Roll Dessert of the Day Sugar Free Dessert	Fresh Garden Salad Fresh Fruit Salad Chicken Vegetable  <b>Sesame Ginger Beef</b> Stir Fried Rice Broccoli Baby Spinach  <b>Pan Seared Arctic Char</b> Stir Fried Rice Broccoli Baby Spinach Roll Dessert of the Day Sugar Free Dessert	Fresh Garden Salad Fresh Fruit Salad Wild Mushroom  <b>Spiced Pork Tenderloin</b> w/Pear Mango Chutney Baked Sweet Potato Cauliflower & Red Pepper Baby Spinach  <b>Marinated Turkey Tips</b> Baked Sweet Potato Cauliflower & Red Pepper Baby Spinach Roll Dessert of the Day Sugar Free Dessert	Fresh Garden Salad Fresh Fruit Salad Garden Vegetable  <b>BBQ Ribs</b> Pasta Salad Coleslaw  Baby Spinach <b>Fried Chicken w/Gravy</b> Pasta Salad Coleslaw Baby Spinach Cornbread Dessert of the Day Sugar Free Dessert	Fresh Garden Salad Fresh Fruit Salad Italian Sausage & Kale  <b>Turkey Cutlet w/ Tarragon Sauce</b> Linguine Fresh Roasted Beets Baby Spinach  <b>Veal Parmesan</b> Linguine Fresh Roasted Beets Baby Spinach Garlic Bread Dessert of the Day Sugar Free Dessert	Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Crab Cakes</b> Fingerling Potatoes Eggplant  Baby Spinach <b>Stewed Chicken</b> Fingerling Potatoes Eggplant Baby Spinach Roll Dessert of the Day Sugar Free Dessert	Fresh Garden Salad Fresh Fruit Salad Chicken Noodle  <b>Vegetable Lasagna</b> Garlic Bread Savoy Cabbage  Baby Spinach <b>Pot Roast with Gravy</b> Mashed Potatoes Baby Carrots Baby Spinach Garlic Bread Dessert of the Day Sugar Free Dessert
<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
Turkey & Spinach  <b>Chicken Salad Brioche</b> Broccoli Slaw  <b>Tuna Melt</b> Broccoli Slaw  Dessert of the Day Sugar Free Dessert	Chicken Vegetable  <b>Rotini with a Marinara Sauce</b> Garlic Bread Baby Spinach  <b>Chicken Caesar Salad</b> Garlic Bread  Dessert of the Day Sugar Free Dessert	Wild Mushroom  <b>Vegetable Burger</b> Lettuce & Tomato Zucchini & Summer Squash  <b>Grilled Ham &amp; Swiss on Rye</b> Zucchini & Summer Squash  Dessert of the Day Sugar Free Dessert	Garden Vegetable  <b>Cheese Stuffed Shells</b> Garlic Bread Carrots  <b>Open Faced Turkey Sandwich</b> Mashed Potato Carrots Dessert of the Day Sugar Free Dessert	Italian Sausage & Kale  <b>Monte Cristo Sandwich</b> Sweet Potato Fries  <b>Greek Salad w/ Chicken</b> Pita Bread  Dessert of the Day Sugar Free Dessert	Clam Chowder  <b>Baked Stuffed Shrimp</b> Brown Rice Peas & Carrots  <b>Egg Salad on a Croissant</b> Chips & Pickle Peas & Carrots  Dessert of the Day Sugar Free Dessert	Chicken Noodle  <b>Burger w/ Onion &amp; Bacon</b> Lettuce & Tomato French Fries  <b>Grilled Chicken Sandwich</b> Lettuce & Tomato French Fries  Dessert of the Day Sugar Free Dessert



## Wentworth Senior Living Dining Selections week of 8/13/17

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b> Pancakes Sausage Danish	<b>Breakfast</b> Scrambled Eggs Bacon	<b>Breakfast</b> French Toast Sausage Cinnamon Roll	<b>Breakfast</b> Scrambled Eggs Bacon	<b>Breakfast</b> Blueberry Pancakes Sausage	<b>Breakfast</b> Waffle Bacon Coffee Cake	<b>Breakfast</b> Cheese Omelets Home Fries Bacon
<b>Dinner</b> Fresh Garden Salad Fresh Fruit Salad Minestrone  <b>Black Forest Ham</b> w/ Raisin Sauce Roasted Potatoes Brussel Sprouts <b>Cilantro Chicken Breast</b> w/ Avocado Salsa Roasted Potatoes Brussel Sprouts Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Fresh Garden Salad Fresh Fruit Salad Chicken Orzo  <b>London Broil</b> w/ Mushroom Gravy Mashed Sweet Potatoes Corn on the Cob Broccoli <b>Sole Francese</b> Mashed Sweet Potatoes Corn on the Cob Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Fresh Garden Salad Fresh Fruit Salad Beef Noodle  <b>Chicken Parmesan</b> Linguine Carrots Broccoli <b>Stuffed Pork Chop w/ Peach Stuffing</b> Linguine Carrots Broccoli  Garlic Bread Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Fresh Garden Salad Fresh Fruit Salad Chunky Tomato & Bacon  <b>Turkey Meatloaf w/ Gravy</b> Mashed Potatoes Asparagus with Red Peppers Broccoli <b>Lobster Macaroni &amp; Cheese</b> Asparagus with Red Peppers Broccoli  Roll Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Fresh Garden Salad Fresh Fruit Salad Split Pea & Ham  <b>Chicken Marsala</b> Roasted Garlic Mashed Swiss Chard Broccoli <b>Liver w/ Bacon &amp; Onions</b> Roasted Garlic Mashed Swiss Chard Broccoli  Roll Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Grilled Salmon</b> With Herb Butter Confetti Rice Summer Squash <b>Beef Stir Fry</b> w/ Mushrooms and Peppers Confetti Rice Broccoli  Roll Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Fresh Garden Salad Fresh Fruit Salad Chicken Mushroom Barley  Roasted Sweet Potatoes Chefs Blend Broccoli <b>Chicken with a Garlic Sauce</b> Roasted Sweet Potatoes Chefs Blend Broccoli  Roll Dessert of the Day Sugar Free Dessert
<b>Supper</b> Minestrone  <b>Chef's Quiche</b> Chef's Vegetables Garlic Bread No Meat for Quiche <b>Grilled Rubeen</b> Chef's Vegetables Tater Tots  Dessert of the Day Sugar Free Dessert	<b>Supper</b> Chicken Orzo  <b>Chicken Salad on a Croissant</b> Tossed Salad  <b>Hamburger Sliders</b> Garden Salad Potato Salad  Dessert of the Day Sugar Free Dessert	<b>Supper</b> Beef Noodle  <b>Seafood Salad on a Roll</b> Lettuce & Tomato Coleslaw French Fries <b>Grilled Cheese &amp; Bacon</b> Coleslaw French Fries  Dessert of the Day Sugar Free Dessert	<b>Supper</b> Chunky Tomato & Bacon  <b>Pork Pie with White Gravy</b> Baby Spinach Pita Bread  <b>Chicken Waldorf Salad</b> Over Greens Pita Bread  Dessert of the Day Sugar Free Dessert	<b>Supper</b> Split Pea & Ham  <b>Sweet &amp; Sour Pork</b> Oriental Vegetables Vegetable Rice Stir-Fry  <b>Garden Salad w/ Tuna</b> Roll  Dessert of the Day Sugar Free Dessert	<b>Supper</b> Seafood Chowder  <b>Pizza - Cheese, Veggie or Pepperoni</b> Garden Salad  <b>Pulled Pork on a Roll</b> Garden Salad Pasta Salad  Dessert of the Day Sugar Free Dessert	<b>Supper</b> Chicken Mushroom Barley  <b>Hot Dogs &amp; Beans</b> Coleslaw Brown Bread  <b>Chicken Tenders</b> Coleslaw French Fries  Dessert of the Day Sugar Free Dessert