



## Mark Wentwor

SUNDAY	MONDAY	TUESDAY
<b>Breakfast</b> French Toast Ham Syrup	<b>Breakfast</b> Scrambled Eggs Bacon Muffin	<b>Breakfast</b> Cheese omelette Sausage English Muffin
<b>Dinner</b> Fresh Fruit Salad Cream of Mushroom Soup <b>Pork Tenderloin with Apricots</b> <b>Mashed Potato</b> <b>Baby carrots</b> Stuffed Shells <b>Baby Carrots</b> Garlic Bread Apple Crisp Sugar Free Dessert	<b>Dinner</b> Fresh Fruit Salad <b>Minestrone Soup</b> <b>BBQ Chicken</b> Delmonico Potatoes <b>Red cabbage</b> <b>Salisbury Steak</b> Delmonico Potatoes <b>Red Cabbage</b> Roll Snicker's Pie Sugar Free Dessert	<b>Dinner</b> Fresh Fruit Salad Cream of Tomato Soup Beef Stroganoff <b>Roasted Vegetables</b> <b>Baked Sweet Potatoes</b> <b>Baked Ham &amp; Raisin Sauce</b> <b>Roasted Vegetables</b> <b>Baked Sweet Potatoes</b> Roll White Lightning Cake Sugar Free Dessert
<b>Supper</b> Cream of Mushroom Soup Shrimp & Pasta <b>Peas &amp; Carrots</b> <b>Fried Egg Sandwich</b> <b>Potato Pancakes</b> <b>Peas &amp; Carrots</b> Roll Chocolate Chip Cookie Sugar Free Dessert	<b>Supper</b> <b>Minestrone Soup</b> Baked Stuffed Sole <b>Broccoli</b> <b>Peaches</b> <b>Stuffed Baked Potatoes</b> <b>Ham, Brocc &amp; cheese</b> Roll Bismark Sugar Free Dessert	<b>Supper</b> Cream of Tomato Soup <b>Fresh Salmon Cakes</b> with Dill Sauce <b>Green Beans</b> Grilled Cheese with Bacon <b>Green Beans</b> Apple Strudel Stick Sugar Free Dessert

**BOLD = NO DAIRY**

# th Home Dining Selections

Week of 11/4/12

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Johnny Cakes Bacon Syrup	Eggs Over Hard Sausage Warm Cinnamon Donuts	Waffles Bacon Syrup	Scrambled Eggs Ham Toast, Jam
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Fresh Fruit Salad <b>Lentil Soup</b>  <b>Chicken Pot Pie</b> <b>Corn O'Brien</b>  Ravioli w/Meat Sauce Corn O'Brien  Roll  Strawberry Sundaes Sugar Free Dessert	Fresh Fruit Salad <b>Chicken Rice Soup</b>  <b>Meatloaf &amp; Gravy</b> Mashed Potatoes <b>Fresh Spinach</b>  <b>Chicken w/Grapes &amp; Almonds</b> <b>Fresh Spinach</b> Mashed Potatoes Roll  Banana Cream Pie Sugar Free Dessert	Fresh Fruit Salad Clam Chowder  Lobster Pie <b>Roasted Red Potatoes</b> <b>Butternut Squash</b>  <b>Stuffed Chicken Breast</b> <b>Roasted Red Potatoes</b> <b>Butternut Squash</b>  Roll  Blueberry Pie Sugar Free Dessert	Fresh Fruit Salad <b>Vegetable Soup</b>  Veal Paprikash <b>Rice Pilaf</b> <b>Asparagus</b>  <b>Hawaiian Meatballs</b> <b>Rice Pilaf</b> <b>Asparagus</b>  Roll  Chocolate Fudge Cake Sugar Free Dessert
<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
<b>Lentil Soup</b>  Salsa Chicken Pie <b>Summer Squash</b>  <b>Baked Haddock</b> <b>Summer Squash</b>  Roll  Peanut Butter Brownie Sugar Free Dessert	<b>Chicken Rice Soup</b>  Ham & Cheese Croissant Melt <b>Stewed Tomatoes</b>  <b>Baked Stuffed Shrimp</b> <b>Stewed Tomatoes</b> roll  Hot Fudge Sundaes Sugar Free Dessert	Clam Chowder  <b>Chicken Chow Mein</b> <b>Fried Rice</b> <b>Mandarin Oranges</b> Egg Roll <b>Egg Foo Yong</b> <b>Fried rice</b> <b>Mandarin Oranges</b> Egg Roll Cupcakes Sugar Free Dessert	<b>Vegetable Soup</b>  <b>Beans &amp; Franks</b> Brown Bread <b>Peas</b>  <b>Mushroom, Onion &amp; Swiss</b> <b>Burgers</b> <b>Lettuce &amp; Tomato</b> <b>Peas</b> Ice Cream Sandwich Sugar Free Dessert

**Welcome home to life.**



### Wentworth Senior Living Dining Selections Week of 9/29/19

SUNDAY 9/29 <i>Breakfast</i>	MONDAY 9/30 <i>Breakfast</i>	TUESDAY 10/1 <i>Breakfast</i>	WEDNESDAY 10/2 <i>Breakfast</i>	THURSDAY 10/3 <i>Breakfast</i>	FRIDAY 10/4 <i>Breakfast</i>	SATURDAY 10/5 <i>Breakfast</i>
<b>Fried Eggs</b> Bacon Danish	<b>Scrambled Eggs</b> Sausage Links	<b>Cheese Omelet</b> Home Fried Potatoes Sausage	<b>Pancakes</b> Ham Steak	<b>Scrambled Eggs</b> Bacon	<b>French Toast</b> Sausage Patty Assorted Donuts	<b>Scrambled Eggs</b> Bacon
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Broccoli & Cheese  <b>Baked Ham &amp; Pineapple Sauce</b> Mashed Sweet Potato Green Beans  <b>Broccoli &amp; Cheese Stuffed Chicken with Gravy</b> Mashed Sweet Potato Green Beans Roll Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Split Pea and Ham  <b>Roast Sirloin with Gravy</b> Roasted Fingerling Potatoes Broccoli  <b>Baked Haddock</b> Roasted Fingerling Potatoes Broccoli  Roll Corn Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Beef & Rice  <b>Grilled Turkey Tips with Gravy</b> Herbed Rice Pilaf Chef's Blend  <b>Pork Tenderloin with Gravy</b> Herbed Rice Pilaf Chef's Blend  Roll Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Vegetable  <b>Baked Scallops</b> Pumpkin Risotto Asparagus & Red Pepper  <b>Roasted Chicken with Gravy</b> Pumpkin Risotto Asparagus & Red Pepper  Roll Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Four Cheese Lasagna</b> Baby Carrots  <b>Veal Marsala</b> Oven Roasted Potato Baby Carrots  Garlic Bread Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Baked Stuffed Haddock</b> Mashed Potatoes Sautéed Baby Spinach  <b>Pot Roast with Gravy</b> Mashed Potatoes Sautéed Baby Spinach  Roll Corn Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Beef Barley  <b>Salisbury Steak with Gravy</b> Buttered Noodles Zucchini & Yellow Squash  <b>Chicken Caccitore</b> Buttered Noodles Zucchini & Yellow Squash  Roll Corn Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Broccoli & Cheese  <b>Sloppy Joe</b> Jo- Jo Fries  <b>Turkey club Sandwich</b> Jo- Jo Fries  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Ham Salad Sandwich</b> Tater tots Cole Slaw  <b>Fish Filet Sandwich</b> Tater tots Cole Slaw  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef & Rice  <b>Shepard's Pie</b> Peas & Onions  <b>Tuna melt</b> Homemade Potato Chips  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Vegetable  <b>B.L.T. with Cheese</b> Tossed Salad Pineapple Cottage Cheese  <b>Seafood Salad Roll</b> Pineapple Cottage Cheese  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Cobb Salad</b> Dinner Roll Mixed Vegetables  <b>Chicken Tenders with Sauce</b> French Fries Mixed Vegetables  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder  <b>Hamburger or Cheeseburger</b> Macaroni Salad Carrot & Broccoli  <b>Cheese Ravioli</b> Carrot & Broccoli Garlic Bread  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef Barley  <b>Hot Dogs &amp; Beans</b> Brown Bread Coleslaw  <b>Chicken Meatballs with Honey Mustard Sauce</b> Brown Bread Coleslaw Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Dining Selections week of 10/12/19

SUNDAY 10/6	MONDAY 10/7	TUESDAY 10/8	WEDNESDAY 10/9	THURSDAY 10/10	FRIDAY 10/11	SATURDAY 10/12
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>Fried Eggs</b> Sausage Danish	<b>French Toast w/ Fruit Topping</b> Sausage Patties	<b>Scrambled Eggs</b> Cinnamon Donuts	<b>Strata</b> Canadian Bacon	<b>Apple Spiced Pancakes</b> Hash Brown Potatoes	<b>Ham Omelet</b> Bacon Home fries	<b>Scrambled Eggs</b> Sausage Pattie Scone
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Fresh Garden Salad Fresh Fruit Salad Beef & Rice	Fresh Garden Salad Fresh Fruit Salad Mulligatawny	Fresh Garden Salad Fresh Fruit Salad Tukey Noodle	Fresh Garden Salad Fresh Fruit Salad Soup Du Jour	Fresh Garden Salad Fresh Fruit Salad Chicken Vegetable	Fresh Garden Salad Fresh Fruit Salad Shrimp Bisque	Fresh Garden Salad Fresh Fruit Salad Soup Du Jour
<b>Turkey Dinner w/ Gravy</b> Stuffing Mashed Potatoes Butternut Squash	<b>Grilled Lemon Dill Salmon</b> Garden Brown Rice Roasted Beets	<b>Steak Au Poivre with Gravy</b> Potato Du Jour Fresh Carrot Coins	<b>Fried Shrimp</b> Baked Potato Chef's Blend	<b>Chicken Bacon Ranch Sandwich</b> Onion Rings Garlic & Tomato Kale	<b>Turkey Tenderloin with Gravy</b> Rice Pilaf Fresh Beets	<b>Spaghetti &amp; Meatballs</b> Broccoli & Cauliflower
<b>Stuffed Sole</b> Mashed Potatoes Butternut Squash	<b>Boneless Pork Chop with Gravy</b> Garden Brown Rice Roasted Beets	<b>Chicken Marsala</b> Potato Du Jour Fresh Carrot Coins	<b>Pork Tenderloin with Apple Compote</b> Baked Potato Chef's Blend	<b>Stuffed Peppers</b> Onion Rings Garlic & Tomato Kale	<b>Grilled Swordfish</b> Rice Pilaf Fresh Beets	<b>Chicken Stew</b> Broccoli & Cauliflower
Peas Roll Dessert of the Day Sugar Free Dessert	Peas Roll Dessert of the Day Sugar Free Dessert	Peas Garlic Bread Dessert of the Day Sugar Free Dessert	Peas Roll Dessert of the Day Sugar Free Dessert	Peas Roll Dessert of the Day Sugar Free Dessert	Peas Roll Dessert of the Day Sugar Free Dessert	Peas Biscuit Dessert of the Day Sugar Free Dessert
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Beef & Rice	Mulligatawny	Tukey Noodle	Soup Du Jour	Chicken Vegetable	Shrimp Bisque	Soup Du Jour
<b>Pastichio</b> Stewed Tomatoes	<b>Vegetable Quiche</b> Tossed Salad	<b>Turkey Burger</b> Sweet Potato Tots Olive & Artichoke Medley	<b>Lobster Sliders</b> Homemade Potato Chips Apple Cole Slaw	<b>Ruben Sandwich</b> Couscous Salad Green & wax Beans	<b>Eggplant Parmesan</b> Caesar Salad	<b>Chicken Cutlet on a Bun</b> Steak Fries Chef's Blend
<b>Tuna Melt</b> Smiley Fries Stewed Tomatoes	<b>Fish &amp; Chips</b> Tossed Salad	<b>Roast Beef Melt</b> Sweet Potato Tots Olive & Artichoke Medley	<b>BBQ Chicken</b> Homemade Potato Chips Apple Cole Slaw	<b>Pulled Pork Sandwich</b> Couscous Salad Green & wax Beans	<b>Fish Filet Sandwich</b> Waffle Fries	<b>Sausage, Pepper, Onion Sub</b> Steak Fries Chef's Blend
Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Dining Selections Week of 10/19/19

<b>SUNDAY 10/13</b> <i>Breakfast</i>	<b>MONDAY 10/14</b> <i>Breakfast</i>	<b>TUESDAY 10/15</b> <i>Breakfast</i>	<b>WEDNESDAY 10/16</b> <i>Breakfast</i>	<b>THURSDAY 10/17</b> <i>Breakfast</i>	<b>FRIDAY 10/18</b> <i>Breakfast</i>	<b>SATURDAY 10/19</b> <i>Breakfast</i>
<b>French Toast</b> Sausage Danish	<b>Quiche du Jour</b> Home Fried Potatoes	<b>Scrambled Eggs</b> Bacon	<b>Cheese Omelet</b> Country Styled Ham Donuts	<b>Pancakes w/ Syrup</b> Hash Brown Potatoes	<b>Eggs to Order</b> Bacon	<b>Pancakes</b> Sausage Links
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Bean  <b>Pot Roast with Gravy</b> Mashed Potatoes Sautéed baby Spinach  <b>Chicken Cordon Bleu</b> Mashed Potatoes Sautéed baby Spinach  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Kielbasa with Apple &amp; Onions</b> Buttered Noodles Roasted Root Vegetables  <b>Shrimp Scampi</b> Buttered Noodles Roasted Root Vegetables  Carrots Garlic Bread Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Potato Leek  <b>Roast Turkey with Gravy</b> Roasted Fingerling Potatoes Butter Broccoli  <b>Pasta Primavera</b> Butter Broccoli  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup  <b>Chorizo Braised Mussels</b> Bow Tie Pasta Asparagus & Red peppers  <b>Roast Sirloin with Gravy</b> Mashed Potatoes Asparagus & Red peppers  Carrots Bread Slick Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Lentil  <b>Chicken Florentine</b> Wild Rice Barley Pilaf Chef's Blend  <b>Roasted Stuffed Pork Loin with Gravy</b> Wild Rice Barley Pilaf Chef's Blend Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Crab Cakes</b> Baked Potato Brussel Sprouts  <b>Baked Macaroni &amp; Cheese</b> Baked Potato Brussel Sprouts  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Tomato Basil  <b>Chicken Pot Pie</b> Peas & Carrots  <b>Beef Stroganoff</b> Peas & Carrots  Carrots Biscuit Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Turkey Bean  <b>Homemade Fish Cakes</b> French Fries Pickled Beets Salad  <b>Steak Bomb</b> French Fries Pickled Beets Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Egg Salad on a Croissant</b> Onion Rings Marinated Italian Vegetables  <b>Stuffed Shells</b> Onion Rings Marinated Italian Vegetables  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Potato Leek  <b>Baked Stuffed Shrimp</b> Zucchini  <b>Grill Ham &amp; Cheese</b> Zucchini  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken Noodle Soup  <b>Hot Pastrami Sandwich</b> Tater Tots Broccoli Salad  <b>Chicken Salad Sandwich</b> Tater Tots Broccoli Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Lentil  <b>Monte Cristo Sandwich</b> Sweet Potato Fries  <b>Patty Melt</b> Sweet Potato Fries  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder  <b>Fried Haddock on Brioche</b> French Fries Bean Medley  <b>Chicken Meatballs with Honey Mustard</b> French Fries Bean Medley Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Tomato Basil  <b>Hot Dog</b> Brown Bread Baked Beans Cole Slaw  <b>Tuna Salad Plate</b> Cole Slaw  Dessert of the Day Sugar Free Dessert

## Wentworth Senior Living Home Dining Selections Week of 10/26/19

SUNDAY 10/20	MONDAY 10/21	TUESDAY 10/21	WEDNESDAY 10/23	THURSDAY 10/24	FRIDAY 10/25	SATURDAY 10/26
<i>Breakfast</i> <b>Pancakes</b> Sausage Danish	<i>Breakfast</i> <b>Scrambled Eggs</b> Home Fried Potatoes Country Ham	<i>Breakfast</i> <b>French Toast w/ Fruit Topping</b> Bacon	<i>Breakfast</i> <b>Eggs Your Way</b> Sausage Patties	<i>Breakfast</i> <b>Belgian Waffle</b> Potato Pancakes	<i>Breakfast</i> <b>Eggs to Order</b> Bacon	<i>Breakfast</i> <b>Cheese Omelets</b> Sausage Link
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken & Rice  <b>Broccoli Stuffed Chicken with Gravy</b> Confetti Rice Cauliflower & Red Peppers <b>Haddock with Crumb Topping</b> Confetti Rice Cauliflower & Red Peppers  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Maple Glazed Pork</b> Almond Rice Pilaf Green Beans  <b>Cider Brined Roast Turkey with Gravy</b> Almond Rice Pilaf Green Beans Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Sausage, Pepper & Potato  <b>Stuffed Cabbage</b> Creamy Parmesan Risotto Garlic Spinach  <b>BBQ Chicken Thighs</b> Creamy Parmesan Risotto Garlic Spinach  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Barley  <b>Seafood Casserole</b> Roasted Sweet Potato Harvard Beets  <b>Four Cheese Lasagna</b> Harvard Beets  Garlic Bread Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken & Vegetable  <b>Pork Stir Fry</b> Steamed Jasmine Rice Dilled carrots  <b>Chicken Marsala</b> Steamed Jasmine Rice Dilled carrots  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Fresh Fish Of the Day</b> Parsley Mashed Potatoes Chef's Blend  <b>Beef &amp; Broccoli</b> Parsley Mashed Potatoes Chef's Blend  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Beef Barley  <b>Lobster Ravioli in a Cream Sauce</b> Whipped Butternut Squash  <b>Turkey Tetrazzini</b> Whipped Butternut Squash  Garlic Bread Asparagus Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Chicken & Rice  <b>Italian Sub</b> Homemade Potato Chips Caprese Salad  <b>Tuna Salad Sandwich</b> Homemade Potato Chips  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Pulled Pork Sandwich</b> Sweet Potato Tots Apple Cole Slaw  <b>Manicotti</b> Garlic Bread  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Sausage, Pepper & Potato  <b>Beef Teriyaki Skewers</b> Brown Rice Vegetable Medley  <b>Chicken salad sandwich</b> Homemade Chips  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Barley  <b>Herb Seared Salmon Salad</b> Dinner Roll  <b>Swiss Burger with Mushrooms</b> French Fried Potatoes  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken & Vegetable  <b>French Dip Sandwich</b> Waffle Fries Roasted Cherry Tomatoes  <b>Bologna &amp; Cheese Sandwich</b> Roasted Cherry Tomatoes  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Seafood Chowder  <b>Baked Fish Sandwich</b> Smiley Fries Dilled Carrots  <b>Chicken Waldorf Salad</b> Dilled Carrots dinner Roll  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef Barley  <b>American Chop Suey</b>  <b>Grilled Tomato, Mozzarella, &amp; Basil Sandwich</b> Chips  Dessert of the Day Sugar Free Dessert



## Wentworth Senior Living Home Dining Selections Week of 11/2/19

SUNDAY 10/27	MONDAY 10/28	TUESDAY 10/29	WEDNESDAY 10/30	THURSDAY 10/31	FRIDAY 11/1	SATURDAY 11/2
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
<b>Scrambled Eggs</b> Bacon Danish	<b>French Toast</b> Sausage Patty	<b>Scrambled Eggs</b> Ham Steak	<b>Chef's Special Pancakes</b>	<b>Waffles</b> Bacon	<b>Eggs to Order</b> Sausage Patty	<b>Ham, Egg &amp; Cheese on Croissant</b> Sausage Link
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Butternut Squash	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Italian Wedding	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Corn Chowder	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Avgolemono	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Creamy Cheddar Beer	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Fish Chowder	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Chicken Noodle
<b>Turkey Dinner w/ Gravy</b> Stuffing Mashed Potatoes Butternut Squash	<b>Beef Burgundy</b> Buttered Noodles Lemon Broccoli	<b>Fresh Fish of the day</b> Almond Rice Pilaf Fresh Julienne Vegetables	<b>Roast Pork Loin with Gravy</b> O'Brien's Potatoes Carrots & Turnips	<b>Chicken Marsala</b> Garlic Pasta Broccoli & Red Peppers	<b>Baked Haddock</b> Herbed Rice Pilaf Green & wax Beans	<b>Baked Ziti with Meatballs</b> Beets
<b>Pot Roast with Gravy</b> Mashed Potatoes Butternut Squash	<b>Crab Stuffed filet of Sole</b> Buttered Noodles Lemon Broccoli	<b>Baked Ranch Chicken</b> Almond Rice Pilaf Fresh Julienne Vegetables	<b>Glazed Roast Beef</b> O'Brien's Potatoes Carrots & Turnips	<b>Grilled Turkey Tips with Gravy</b> Garlic Pasta Broccoli & Red Peppers	<b>Chicken Francis</b> Herbed Rice Pilaf Green & wax Beans	<b>Lemon Rosemary Turkey with Gravy</b> Buttered Orzo Beets
Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Dessert of the Day Sugar Free Dessert	Roll Garlic Bread Green Bean Dessert of the Day Sugar Free Dessert
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Butternut Squash	Italian Wedding	Corn Chowder	Avgolemono	Creamy Cheddar Beer	Fish Chowder	Chicken Noodle
<b>Wentworth Burger</b> French Fries	<b>Shrimp Cocktail Plate</b> Lettuce & tomato	<b>Shepard's Pie</b> Peas & Carrots	<b>Chicken Kabob</b> Rice Pilaf Roasted Broccoli	<b>American Chop Suey</b> Corn Cobbett's	<b>Italian Sub</b> Vegetable Medley	<b>Pork chop with Gravy</b> Velvet Sweet Potatoes Peppers & Onions
<b>Broccoli &amp; Cheese Bake</b> Roasted Tomatoes	<b>Hot pastrami Sandwich</b> Homemade Potato Chips	<b>Antipasto Salad Plate</b> Peas & Carrots	<b>Open face turkey Sandwich</b> Stuffing Roasted Broccoli	<b>Greek Salad with Chicken</b> Pita	<b>Spinach &amp; Feta Pie</b> Vegetable Medley	<b>Grilled Beef Tips</b> Velvet Sweet Potatoes Peppers & Onions
Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert



### Wentworth Senior Living Dining Selections Week of 11/9/19

SUNDAY 9/29	MONDAY 9/30	TUESDAY 10/1	WEDNESDAY 10/2	THURSDAY 10/3	FRIDAY 10/4	SATURDAY 10/5
<b>Breakfast</b> Fried Eggs Bacon Danish	<b>Breakfast</b> Scrambled Eggs Sausage Links	<b>Breakfast</b> Cheese Omelet Home Fried Potatoes Sausage	<b>Breakfast</b> Pancakes Ham Steak	<b>Breakfast</b> Scrambled Eggs Bacon	<b>Breakfast</b> French Toast Sausage Patty Assorted Donuts	<b>Breakfast</b> Scrambled Eggs Bacon
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Broccoli & Cheese  <b>Baked Ham &amp; Pineapple Sauce</b> Mashed Sweet Potato Green Beans  <b>Broccoli &amp; Cheese Stuffed Chicken with Gravy</b> Mashed Sweet Potato Green Beans Roll Corn Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Split Pea and Ham  <b>Roast Sirloin with Gravy</b> Roasted Fingerling Potatoes Broccoli  <b>Baked Haddock</b> Roasted Fingerling Potatoes Broccoli  Roll Corn Dessert of the day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef & Rice  <b>Grilled Turkey Tips with Gravy</b> Herbed Rice Pilaf Chef's Blend  <b>Pork Tenderloin with Gravy</b> Herbed Rice Pilaf Chef's Blend  Roll Corn Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Turkey Vegetable  <b>Baked Scallops</b> Pumpkin Risotto Asparagus & Red Pepper  <b>Roasted Chicken with Gravy</b> Pumpkin Risotto Asparagus & Red Pepper  Roll Corn Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Four Cheese Lasagna</b> Baby Carrots  <b>Veal Marsala</b> Oven Roasted Potato Baby Carrots  Garlic Bread Corn Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Baked Stuffed Haddock</b> Mashed Potatoes Sautéed Baby Spinach  <b>Pot Roast with Gravy</b> Mashed Potatoes Sautéed Baby Spinach  Roll Corn Dessert of the day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef Barley  <b>Salisbury Steak with Gravy</b> Buttered Noodles Zucchini & Yellow Squash  <b>Chicken Caccitore</b> Buttered Noodles Zucchini & Yellow Squash  Roll Corn Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Broccoli & Cheese  <b>Sloppy Joe</b> Jo- Jo Fries  <b>Turkey club Sandwich</b> Jo- Jo Fries  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Soup Du Jour  <b>Ham Salad Sandwich</b> Tater tots Cole Slaw  <b>Fish Filet Sandwich</b> Tater tots Cole Slaw  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef & Rice  <b>Shepard's Pie</b> Peas & Onions  <b>Tuna melt</b> Homemade Potato Chips  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Vegetable  <b>B.L.T. with Cheese</b> Tossed Salad Pineapple Cottage Cheese  <b>Seafood Salad Roll</b> Pineapple Cottage Cheese  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Soup Du Jour  <b>Cobb Salad</b> Dinner Roll Mixed Vegetables  <b>Chicken Tenders with Sauce</b> French Fries Mixed Vegetables  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Clam Chowder  <b>Hamburger or Cheeseburger</b> Macaroni Salad Carrot & Broccoli  <b>Cheese Ravioli</b> Carrot & Broccoli Garlic Bread  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef Barley  <b>Hot Dogs &amp; Beans</b> Brown Bread Coleslaw  <b>Chicken Meatballs with Honey Mustard Sauce</b> Brown Bread Coleslaw Dessert of the Day Sugar Free Dessert





### Wentworth Senior Living Dining Selections week of 11/16/19

SUNDAY 10/6 <i>Breakfast</i>	MONDAY 10/7 <i>Breakfast</i>	TUESDAY 10/8 <i>Breakfast</i>	WEDNESDAY 10/9 <i>Breakfast</i>	THURSDAY 10/10 <i>Breakfast</i>	FRIDAY 10/11 <i>Breakfast</i>	SATURDAY 10/12 <i>Breakfast</i>
<b>Fried Eggs</b> Sausage Danish	<b>French Toast w/ Fruit Topping</b> Sausage Patties	<b>Scrambled Eggs</b> Cinnamon Donuts	<b>Strata</b> Canadian Bacon	<b>Apple Spiced Pancakes</b> Hash Brown Potatoes	<b>Ham Omelet</b> Bacon Home fries	<b>Scrambled Eggs</b> Sausage Pattie Scone
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef & Rice	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Mulligatawny	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tukey Noodle	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken Vegetable	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Shrimp Bisque	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour
<b>Turkey Dinner w/ Gravy</b> Stuffing Mashed Potatoes Butternut Squash <b>Stuffed Sole</b> Mashed Potatoes Butternut Squash	<b>Grilled Lemon Dill Salmon</b> Garden Brown Rice Roasted Beets  <b>Boneless Pork Chop with Gravy</b> Garden Brown Rice Roasted Beets	<b>Steak Au Poivre with Gravy</b> Potato Du Jour Fresh Carrot Coins	<b>Fried Shrimp</b> Baked Potato Chef's Blend	<b>Chicken Bacon Ranch Sandwich</b> Onion Rings Garlic & Tomato Kale	<b>Turkey Tenderloin with Gravy</b> Rice Pilaf Fresh Beets	<b>Spaghetti &amp; Meatballs</b> Broccoli & Cauliflower
Peas Roll Dessert of the Day Sugar Free Dessert	Peas Roll Dessert of the Day Sugar Free Dessert	Peas Garlic Bread Dessert of the Day Sugar Free Dessert	<b>Pork Tenderloin with Apple Compote</b> Baked Potato Chef's Blend Peas Roll Dessert of the Day Sugar Free Dessert	<b>Stuffed Peppers</b> Onion Rings Garlic & Tomato Kale  Peas Roll Dessert of the Day Sugar Free Dessert	<b>Grilled Swordfish</b> Rice Pilaf Fresh Beets  Peas Roll Dessert of the Day Sugar Free Dessert	<b>Chicken Stew</b> Broccoli & Cauliflower  Peas Biscuit Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Beef & Rice	<b>Dinner</b> Mulligatawny	<b>Dinner</b> Tukey Noodle	<b>Dinner</b> Soup Du Jour	<b>Dinner</b> Chicken Vegetable	<b>Dinner</b> Shrimp Bisque	<b>Dinner</b> Soup Du Jour
<b>Pastichio</b> Stewed Tomatoes	<b>Vegetable Quiche</b> Tossed Salad	<b>Turkey Burger</b> Sweet Potato Tots Olive & Artichoke Medley <b>Roast Beef Melt</b> Sweet Potato Tots Olive & Artichoke Medley	<b>Lobster Sliders</b> Homemade Potato Chips Apple Cole Slaw <b>BBQ Chicken</b> Homemade Potato Chips Apple Cole Slaw	<b>Ruben Sandwich</b> Couscous Salad Green & wax Beans <b>Pulled Pork Sandwich</b> Couscous Salad Green & wax Beans	<b>Eggplant Parmesan</b> Caesar Salad	<b>Chicken Outlet on a Bun</b> Steak Fries Chef's Blend <b>Sausage, Pepper, Onion Sub</b> Steak Fries Chef's Blend
<b>Tuna Melt</b> Smiley Fries Stewed Tomatoes	<b>Fish &amp; Chips</b> Tossed Salad	<b>Fish &amp; Chips</b> Tossed Salad	<b>Fish &amp; Chips</b> Tossed Salad	<b>Fish Filet Sandwich</b> Waffle Fries	<b>Fish Filet Sandwich</b> Waffle Fries	<b>Fish Filet Sandwich</b> Waffle Fries
Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Dining Selections Week of 11/23/19

<b>SUNDAY 10/13</b> <i>Breakfast</i>	<b>MONDAY 10/14</b> <i>Breakfast</i>	<b>TUESDAY 10/15</b> <i>Breakfast</i>	<b>WEDNESDAY 10/16</b> <i>Breakfast</i>	<b>THURSDAY 10/17</b> <i>Breakfast</i>	<b>FRIDAY 10/18</b> <i>Breakfast</i>	<b>SATURDAY 10/19</b> <i>Breakfast</i>
<b>French Toast</b> Sausage Danish	<b>Quiche du Jour</b> Home Fried Potatoes	<b>Scrambled Eggs</b> Bacon	<b>Cheese Omelet</b> Country Styled Ham Donuts	<b>Pancakes w/ Syrup</b> Hash Brown Potatoes	<b>Eggs to Order</b> Bacon	<b>Pancakes</b> Sausage Links
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Bean  <b>Pot Roast with Gravy</b> Mashed Potatoes Sautéed baby Spinach  <b>Chicken Cordon Bleu</b> Mashed Potatoes Sautéed baby Spinach  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Kielbasa with Apple &amp; Onions</b> Buttered Noodles Roasted Root Vegetables  <b>Shrimp Scampi</b> Buttered Noodles Roasted Root Vegetables  Carrots Garlic Bread Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Potato Leek  <b>Roast Turkey with Gravy</b> Roasted Fingerling Potatoes Butter Broccoli  <b>Pasta Primavera</b> Butter Broccoli  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup  <b>Chorizo Braised Mussels</b> Bow Tie Pasta Asparagus & Red peppers  <b>Roast Sirloin with Gravy</b> Mashed Potatoes Asparagus & Red peppers  Carrots Bread Slick Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Lentil  <b>Chicken Florentine</b> Wild Rice Barley Pilaf Chef's Blend  <b>Roasted Stuffed Pork Loin with Gravy</b> Wild Rice Barley Pilaf Chef's Blend Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Crab Cakes</b> Baked Potato Brussel Sprouts  <b>Baked Macaroni &amp; Cheese</b> Baked Potato Brussel Sprouts  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Tomato Basil  <b>Chicken Pot Pie</b> Peas & Carrots  <b>Beef Stroganoff</b> Peas & Carrots Carrots Biscuit Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Turkey Bean  <b>Homemade Fish Cakes</b> French Fries Pickled Beets Salad  <b>Steak Bomb</b> French Fries Pickled Beets Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Egg Salad on a Croissant</b> Onion Rings Marinated Italian Vegetables  <b>Stuffed Shells</b> Onion Rings Marinated Italian Vegetables  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Potato Leek  <b>Baked Stuffed Shrimp</b> Zucchini  <b>Grill Ham &amp; Cheese</b> Zucchini  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken Noodle Soup  <b>Hot Pastrami Sandwich</b> Tater Tots Broccoli Salad  <b>Chicken Salad Sandwich</b> Tater Tots Broccoli Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Lentil  <b>Monte Cristo Sandwich</b> Sweet Potato Fries  <b>Patty Melt</b> Sweet Potato Fries  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder  <b>Fried Haddock on Brioche</b> French Fries Bean Medley  <b>Chicken Meatballs with Honey Mustard</b> French Fries Bean Medley Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Tomato Basil  <b>Hot Dog</b> Brown Bread Baked Beans Cole Slaw  <b>Tuna Salad Plate</b> Cole Slaw  Dessert of the Day Sugar Free Dessert

## Wentworth Senior Living Home Dining Selections Week of 11/30/19

SUNDAY 10/20	MONDAY 10/21	TUESDAY 10/21	WEDNESDAY 10/23	THURSDAY 10/24	FRIDAY 10/25	SATURDAY 10/26
<i>Breakfast</i> <b>Pancakes</b> Sausage Danish	<i>Breakfast</i> <b>Scrambled Eggs</b> Home Fried Potatoes Country Ham	<i>Breakfast</i> <b>French Toast w/ Fruit Topping</b> Bacon	<i>Breakfast</i> <b>Eggs Your Way</b> Sausage Patties	<i>Breakfast</i> <b>Belgian Waffle</b> Potato Pancakes	<i>Breakfast</i> <b>Eggs to Order</b> Bacon	<i>Breakfast</i> <b>Cheese Omelets</b> Sausage Link
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken & Rice  <b>Broccoli Stuffed Chicken with Gravy</b> Confetti Rice Cauliflower & Red Peppers <b>Haddock with Crumb Topping</b> Confetti Rice Cauliflower & Red Peppers  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Maple Glazed Pork</b> Almond Rice Pilaf Green Beans  <b>Cider Brined Roast Turkey with Gravy</b> Almond Rice Pilaf Green Beans Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Sausage, Pepper & Potato  <b>Stuffed Cabbage</b> Creamy Parmesan Risotto Garlic Spinach  <b>BBQ Chicken Thighs</b> Creamy Parmesan Risotto Garlic Spinach  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Barley  <b>Seafood Casserole</b> Roasted Sweet Potato Harvard Beets  <b>Four Cheese Lasagna</b> Harvard Beets  Garlic Bread Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken & Vegetable  <b>Pork Stir Fry</b> Steamed Jasmine Rice Dilled carrots  <b>Chicken Marsala</b> Steamed Jasmine Rice Dilled carrots  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Fresh Fish Of the Day</b> Parsley Mashed Potatoes Chef's Blend  <b>Beef &amp; Broccoli</b> Parsley Mashed Potatoes Chef's Blend  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Beef Barley  <b>Lobster Ravioli in a Cream Sauce</b> Whipped Butternut Squash  <b>Turkey Tetrazzini</b> Whipped Butternut Squash  Garlic Bread Asparagus Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Chicken & Rice  <b>Italian Sub</b> Homemade Potato Chips Caprese Salad  <b>Tuna Salad Sandwich</b> Homemade Potato Chips  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Pulled Pork Sandwich</b> Sweet Potato Tots Apple Cole Slaw  <b>Manicotti</b> Garlic Bread  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Sausage, Pepper & Potato  <b>Beef Teriyaki Skewers</b> Brown Rice Vegetable Medley  <b>Chicken salad sandwich</b> Homemade Chips  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Barley  <b>Herb Seared Salmon Salad</b> Dinner Roll  <b>Swiss Burger with Mushrooms</b> French Fried Potatoes  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken & Vegetable  <b>French Dip Sandwich</b> Waffle Fries Roasted Cherry Tomatoes  <b>Bologna &amp; Cheese Sandwich</b> Roasted Cherry Tomatoes  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Seafood Chowder  <b>Baked Fish Sandwich</b> Smiley Fries Dilled Carrots  <b>Chicken Waldorf Salad</b> Dilled Carrots dinner Roll  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef Barley  <b>American Chop Suey</b>  <b>Grilled Tomato, Mozzarella, &amp; Basil Sandwich</b> Chips  Dessert of the Day Sugar Free Dessert



## Wentworth Senior Living Home Dining Selections Week of 12/7/19

SUNDAY 10/27	MONDAY 10/28	TUESDAY 10/29	WEDNESDAY 10/30	THURSDAY 10/31	FRIDAY 11/1	SATURDAY 11/2
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
<b>Scrambled Eggs</b> Bacon Danish	<b>French Toast</b> Sausage Patty	<b>Scrambled Eggs</b> Ham Steak	<b>Chef's Special Pancakes</b>	<b>Waffles</b> Bacon	<b>Eggs to Order</b> Sausage Patty	<b>Ham, Egg &amp; Cheese on Croissant</b> Sausage Link
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Butternut Squash	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Italian Wedding	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Corn Chowder	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Avgolemono	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Creamy Cheddar Beer	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Fish Chowder	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Chicken Noodle
<b>Turkey Dinner w/ Gravy</b> Stuffing Mashed Potatoes Butternut Squash	<b>Beef Burgundy</b> Buttered Noodles Lemon Broccoli	<b>Fresh Fish of the day</b> Almond Rice Pilaf Fresh Julienne Vegetables	<b>Roast Pork Loin with Gravy</b> O'Brien's Potatoes Carrots & Turnips	<b>Chicken Marsala</b> Garlic Pasta Broccoli & Red Peppers	<b>Baked Haddock</b> Herbed Rice Pilaf Green & wax Beans	<b>Baked Ziti with Meatballs</b> Beets
<b>Pot Roast with Gravy</b> Mashed Potatoes Butternut Squash	<b>Crab Stuffed filet of Sole</b> Buttered Noodles Lemon Broccoli	<b>Baked Ranch Chicken</b> Almond Rice Pilaf Fresh Julienne Vegetables	<b>Glazed Roast Beef</b> O'Brien's Potatoes Carrots & Turnips	<b>Grilled Turkey Tips with Gravy</b> Garlic Pasta Broccoli & Red Peppers	<b>Chicken Francis</b> Herbed Rice Pilaf Green & wax Beans	<b>Lemon Rosemary Turkey with Gravy</b> Buttered Orzo Beets
Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Butternut Squash	Italian Wedding	Corn Chowder	Avgolemono	Creamy Cheddar Beer	Fish Chowder	Chicken Noodle
<b>Wentworth Burger</b> French Fries	<b>Shrimp Cocktail Plate</b> Lettuce & tomato	<b>Shepard's Pie</b> Peas & Carrots	<b>Chicken Kabob</b> Rice Pilaf Roasted Broccoli	<b>American Chop Suey</b> Corn Cobbett's	<b>Italian Sub</b> Vegetable Medley	<b>Pork chop with Gravy</b> Velvet Sweet Potatoes Peppers & Onions
<b>Broccoli &amp; Cheese Bake</b> Roasted Tomatoes	<b>Hot pastrami Sandwich</b> Homemade Potato Chips	<b>Antipasto Salad Plate</b> Peas & Carrots	<b>Open face turkey Sandwich</b> Stuffing Roasted Broccoli	<b>Greek Salad with Chicken</b> Pita	<b>Spinach &amp; Feta Pie</b> Vegetable Medley	<b>Grilled Beef Tips</b> Velvet Sweet Potatoes Peppers & Onions
Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert



### Wentworth Senior Living Dining Selections Week of 12/14/19

SUNDAY 9/29	MONDAY 9/30	TUESDAY 10/1	WEDNESDAY 10/2	THURSDAY 10/3	FRIDAY 10/4	SATURDAY 10/5
<i>Breakfast</i> <b>Fried Eggs</b> Bacon Danish	<i>Breakfast</i> <b>Scrambled Eggs</b> Sausage Links	<i>Breakfast</i> <b>Cheese Omelet</b> Home Fried Potatoes Sausage	<i>Breakfast</i> <b>Pancakes</b> Ham Steak	<i>Breakfast</i> <b>Scrambled Eggs</b> Bacon	<i>Breakfast</i> <b>French Toast</b> Sausage Patty Assorted Donuts	<i>Breakfast</i> <b>Scrambled Eggs</b> Bacon
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Broccoli & Cheese <b>Baked Ham &amp; Pineapple Sauce</b> Mashed Sweet Potato Green Beans <b>Broccoli &amp; Cheese Stuffed Chicken with Gravy</b> Mashed Sweet Potato Green Beans Roll Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Split Pea and Ham <b>Roast Sirloin with Gravy</b> Roasted Fingerling Potatoes Broccoli <b>Baked Haddock</b> Roasted Fingerling Potatoes Broccoli Roll Corn Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Beef & Rice <b>Grilled Turkey Tips with Gravy</b> Herbed Rice Pilaf Chef's Blend <b>Pork Tenderloin with Gravy</b> Herbed Rice Pilaf Chef's Blend Roll Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Vegetable <b>Baked Scallops</b> Pumpkin Risotto Asparagus & Red Pepper <b>Roasted Chicken with Gravy</b> Pumpkin Risotto Asparagus & Red Pepper Roll Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour <b>Four Cheese Lasagna</b> Baby Carrots <b>Veal Marsala</b> Oven Roasted Potato Baby Carrots Garlic Bread Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder <b>Baked Stuffed Haddock</b> Mashed Potatoes Sautéed Baby Spinach <b>Pot Roast with Gravy</b> Mashed Potatoes Sautéed Baby Spinach Roll Corn Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Beef Barley <b>Salisbury Steak with Gravy</b> Buttered Noodles Zucchini & Yellow Squash <b>Chicken Caccitore</b> Buttered Noodles Zucchini & Yellow Squash Roll Corn Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Broccoli & Cheese <b>Sloppy Joe</b> Jo- Jo Fries <b>Turkey club Sandwich</b> Jo- Jo Fries Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour <b>Ham Salad Sandwich</b> Tater tots Cole Slaw <b>Fish Filet Sandwich</b> Tater tots Cole Slaw Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef & Rice <b>Shepard's Pie</b> Peas & Onions <b>Tuna melt</b> Homemade Potato Chips Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Vegetable <b>B.L.T. with Cheese</b> Tossed Salad Pineapple Cottage Cheese <b>Seafood Salad Roll</b> Pineapple Cottage Cheese Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour <b>Cobb Salad</b> Dinner Roll Mixed Vegetables <b>Chicken Tenders with Sauce</b> French Fries Mixed Vegetables Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder <b>Hamburger or Cheeseburger</b> Macaroni Salad Carrot & Broccoli <b>Cheese Ravioli</b> Carrot & Broccoli Garlic Bread Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef Barley <b>Hot Dogs &amp; Beans</b> Brown Bread Coleslaw <b>Chicken Meatballs with Honey Mustard Sauce</b> Brown Bread Coleslaw Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Dining Selections week of 12/21/19

SUNDAY 10/6 <i>Breakfast</i>	MONDAY 10/7 <i>Breakfast</i>	TUESDAY 10/8 <i>Breakfast</i>	WEDNESDAY 10/9 <i>Breakfast</i>	THURSDAY 10/10 <i>Breakfast</i>	FRIDAY 10/11 <i>Breakfast</i>	SATURDAY 10/12 <i>Breakfast</i>
<b>Fried Eggs</b> Sausage Danish	<b>French Toast w/ Fruit Topping</b> Sausage Patties	<b>Scrambled Eggs</b> Cinnamon Donuts	<b>Strata</b> Canadian Bacon	<b>Apple Spiced Pancakes</b> Hash Brown Potatoes	<b>Ham Omelet</b> Bacon Home fries	<b>Scrambled Eggs</b> Sausage Pattie Scone
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef & Rice	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Mulligatawny	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tukey Noodle	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken Vegetable	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Shrimp Bisque	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour
<b>Turkey Dinner w/ Gravy</b> Stuffing Mashed Potatoes Butternut Squash <b>Stuffed Sole</b> Mashed Potatoes Butternut Squash	<b>Grilled Lemon Dill Salmon</b> Garden Brown Rice Roasted Beets  <b>Boneless Pork Chop with Gravy</b> Garden Brown Rice Roasted Beets	<b>Steak Au Poivre with Gravy</b> Potato Du Jour Fresh Carrot Coins	<b>Fried Shrimp</b> Baked Potato Chef's Blend	<b>Chicken Bacon Ranch Sandwich</b> Onion Rings Garlic & Tomato Kale	<b>Turkey Tenderloin with Gravy</b> Rice Pilaf Fresh Beets	<b>Spaghetti &amp; Meatballs</b> Broccoli & Cauliflower
Peas Roll Dessert of the Day Sugar Free Dessert	Peas Roll Dessert of the Day Sugar Free Dessert	Peas Garlic Bread Dessert of the Day Sugar Free Dessert	<b>Pork Tenderloin with Apple Compote</b> Baked Potato Chef's Blend Peas Roll Dessert of the Day Sugar Free Dessert	<b>Stuffed Peppers</b> Onion Rings Garlic & Tomato Kale  Peas Roll Dessert of the Day Sugar Free Dessert	<b>Grilled Swordfish</b> Rice Pilaf Fresh Beets  Peas Roll Dessert of the Day Sugar Free Dessert	<b>Chicken Stew</b> Broccoli & Cauliflower  Peas Biscuit Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Beef & Rice	<b>Dinner</b> Mulligatawny	<b>Dinner</b> Tukey Noodle	<b>Dinner</b> Soup Du Jour	<b>Dinner</b> Chicken Vegetable	<b>Dinner</b> Shrimp Bisque	<b>Dinner</b> Soup Du Jour
<b>Pastichio</b> Stewed Tomatoes	<b>Vegetable Quiche</b> Tossed Salad	<b>Turkey Burger</b> Sweet Potato Tots Olive & Artichoke Medley <b>Roast Beef Melt</b> Sweet Potato Tots Olive & Artichoke Medley	<b>Lobster Sliders</b> Homemade Potato Chips Apple Cole Slaw <b>BBQ Chicken</b> Homemade Potato Chips Apple Cole Slaw	<b>Ruben Sandwich</b> Couscous Salad Green & wax Beans <b>Pulled Pork Sandwich</b> Couscous Salad Green & wax Beans	<b>Eggplant Parmesan</b> Caesar Salad	<b>Chicken Outlet on a Bun</b> Steak Fries Chef's Blend <b>Sausage, Pepper, Onion Sub</b> Steak Fries Chef's Blend
<b>Tuna Melt</b> Smiley Fries Stewed Tomatoes	<b>Fish &amp; Chips</b> Tossed Salad	<b>Fish &amp; Chips</b> Tossed Salad	<b>Fish &amp; Chips</b> Tossed Salad	<b>Fish Filet Sandwich</b> Waffle Fries	<b>Fish Filet Sandwich</b> Waffle Fries	<b>Fish Filet Sandwich</b> Waffle Fries
Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the day Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Dining Selections Week of 12/28/19

<b>SUNDAY 10/13</b> <i>Breakfast</i>	<b>MONDAY 10/14</b> <i>Breakfast</i>	<b>TUESDAY 10/15</b> <i>Breakfast</i>	<b>WEDNESDAY 10/16</b> <i>Breakfast</i>	<b>THURSDAY 10/17</b> <i>Breakfast</i>	<b>FRIDAY 10/18</b> <i>Breakfast</i>	<b>SATURDAY 10/19</b> <i>Breakfast</i>
<b>French Toast</b> Sausage Danish	<b>Quiche du Jour</b> Home Fried Potatoes	<b>Scrambled Eggs</b> Bacon	<b>Cheese Omelet</b> Country Styled Ham Donuts	<b>Pancakes w/ Syrup</b> Hash Brown Potatoes	<b>Eggs to Order</b> Bacon	<b>Pancakes</b> Sausage Links
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Bean  <b>Pot Roast with Gravy</b> Mashed Potatoes Sautéed baby Spinach  <b>Chicken Cordon Bleu</b> Mashed Potatoes Sautéed baby Spinach  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Kielbasa with Apple &amp; Onions</b> Buttered Noodles Roasted Root Vegetables  <b>Shrimp Scampi</b> Buttered Noodles Roasted Root Vegetables  Carrots Garlic Bread Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Potato Leek  <b>Roast Turkey with Gravy</b> Roasted Fingerling Potatoes Butter Broccoli  <b>Pasta Primavera</b> Butter Broccoli  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup  <b>Chorizo Braised Mussels</b> Bow Tie Pasta Asparagus & Red peppers  <b>Roast Sirloin with Gravy</b> Mashed Potatoes Asparagus & Red peppers  Carrots Bread Slick Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Lentil  <b>Chicken Florentine</b> Wild Rice Barley Pilaf Chef's Blend  <b>Roasted Stuffed Pork Loin with Gravy</b> Wild Rice Barley Pilaf Chef's Blend Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Crab Cakes</b> Baked Potato Brussel Sprouts  <b>Baked Macaroni &amp; Cheese</b> Baked Potato Brussel Sprouts  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Tomato Basil  <b>Chicken Pot Pie</b> Peas & Carrots  <b>Beef Stroganoff</b> Peas & Carrots Carrots Biscuit Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Turkey Bean  <b>Homemade Fish Cakes</b> French Fries Pickled Beets Salad  <b>Steak Bomb</b> French Fries Pickled Beets Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Egg Salad on a Croissant</b> Onion Rings Marinated Italian Vegetables  <b>Stuffed Shells</b> Onion Rings Marinated Italian Vegetables  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Potato Leek  <b>Baked Stuffed Shrimp</b> Zucchini  <b>Grill Ham &amp; Cheese</b> Zucchini  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken Noodle Soup  <b>Hot Pastrami Sandwich</b> Tater Tots Broccoli Salad  <b>Chicken Salad Sandwich</b> Tater Tots Broccoli Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Lentil  <b>Monte Cristo Sandwich</b> Sweet Potato Fries  <b>Patty Melt</b> Sweet Potato Fries  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder  <b>Fried Haddock on Brioche</b> French Fries Bean Medley  <b>Chicken Meatballs with Honey Mustard</b> French Fries Bean Medley Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Tomato Basil  <b>Hot Dog</b> Brown Bread Baked Beans Cole Slaw  <b>Tuna Salad Plate</b> Cole Slaw  Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Home Dining Selections Week of 1/4/20

SUNDAY 10/20	MONDAY 10/21	TUESDAY 10/21	WEDNESDAY 10/23	THURSDAY 10/24	FRIDAY 10/25	SATURDAY 10/26
<i>Breakfast</i> <b>Pancakes</b> Sausage Danish	<i>Breakfast</i> <b>Scrambled Eggs</b> Home Fried Potatoes Country Ham	<i>Breakfast</i> <b>French Toast w/ Fruit Topping</b> Bacon	<i>Breakfast</i> <b>Eggs Your Way</b> Sausage Patties	<i>Breakfast</i> <b>Belgian Waffle</b> Potato Pancakes	<i>Breakfast</i> <b>Eggs to Order</b> Bacon	<i>Breakfast</i> <b>Cheese Omelets</b> Sausage Link
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken & Rice  <b>Broccoli Stuffed Chicken with Gravy</b> Confetti Rice Cauliflower & Red Peppers <b>Haddock with Crumb Topping</b> Confetti Rice Cauliflower & Red Peppers  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Maple Glazed Pork</b> Almond Rice Pilaf Green Beans  <b>Cider Brined Roast Turkey with Gravy</b> Almond Rice Pilaf Green Beans Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Sausage, Pepper & Potato  <b>Stuffed Cabbage</b> Creamy Parmesan Risotto Garlic Spinach  <b>BBQ Chicken Thighs</b> Creamy Parmesan Risotto Garlic Spinach  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Barley  <b>Seafood Casserole</b> Roasted Sweet Potato Harvard Beets  <b>Four Cheese Lasagna</b> Harvard Beets  Garlic Bread Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken & Vegetable  <b>Pork Stir Fry</b> Steamed Jasmine Rice Dilled carrots  <b>Chicken Marsala</b> Steamed Jasmine Rice Dilled carrots  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Fresh Fish Of the Day</b> Parsley Mashed Potatoes Chef's Blend  <b>Beef &amp; Broccoli</b> Parsley Mashed Potatoes Chef's Blend  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Beef Barley  <b>Lobster Ravioli in a Cream Sauce</b> Whipped Butternut Squash  <b>Turkey Tetrazzini</b> Whipped Butternut Squash  Garlic Bread Asparagus Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Chicken & Rice  <b>Italian Sub</b> Homemade Potato Chips Caprese Salad  <b>Tuna Salad Sandwich</b> Homemade Potato Chips  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Pulled Pork Sandwich</b> Sweet Potato Tots Apple Cole Slaw  <b>Manicotti</b> Garlic Bread  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Sausage, Pepper & Potato  <b>Beef Teriyaki Skewers</b> Brown Rice Vegetable Medley  <b>Chicken salad sandwich</b> Homemade Chips  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Barley  <b>Herb Seared Salmon Salad</b> Dinner Roll  <b>Swiss Burger with Mushrooms</b> French Fried Potatoes  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken & Vegetable  <b>French Dip Sandwich</b> Waffle Fries Roasted Cherry Tomatoes  <b>Bologna &amp; Cheese Sandwich</b> Roasted Cherry Tomatoes  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Seafood Chowder  <b>Baked Fish Sandwich</b> Smiley Fries Dilled Carrots  <b>Chicken Waldorf Salad</b> Dilled Carrots dinner Roll  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef Barley  <b>American Chop Suey</b>  <b>Grilled Tomato, Mozzarella, &amp; Basil Sandwich</b> Chips  Dessert of the Day Sugar Free Dessert





## Wentworth Senior Living Home Dining Selections Week of 1/11/20

SUNDAY 10/27	MONDAY 10/28	TUESDAY 10/29	WEDNESDAY 10/30	THURSDAY 10/31	FRIDAY 11/1	SATURDAY 11/2
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
<b>Scrambled Eggs</b> Bacon Danish	<b>French Toast</b> Sausage Patty	<b>Scrambled Eggs</b> Ham Steak	<b>Chef's Special Pancakes</b>	<b>Waffles</b> Bacon	<b>Eggs to Order</b> Sausage Patty	<b>Ham, Egg &amp; Cheese on Croissant</b> Sausage Link
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Butternut Squash	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Italian Wedding	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Corn Chowder	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Avgolemono	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Creamy Cheddar Beer	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Fish Chowder	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Chicken Noodle
<b>Turkey Dinner w/ Gravy</b> Stuffing Mashed Potatoes Butternut Squash	<b>Beef Burgundy</b> Buttered Noodles Lemon Broccoli	<b>Fresh Fish of the day</b> Almond Rice Pilaf Fresh Julienne Vegetables	<b>Roast Pork Loin with Gravy</b> O'Brien's Potatoes Carrots & Turnips	<b>Chicken Marsala</b> Garlic Pasta Broccoli & Red Peppers	<b>Baked Haddock</b> Herbed Rice Pilaf Green & wax Beans	<b>Baked Ziti with Meatballs</b> Beets
<b>Pot Roast with Gravy</b> Mashed Potatoes Butternut Squash	<b>Crab Stuffed filet of Sole</b> Buttered Noodles Lemon Broccoli	<b>Baked Ranch Chicken</b> Almond Rice Pilaf Fresh Julienne Vegetables	<b>Glazed Roast Beef</b> O'Brien's Potatoes Carrots & Turnips	<b>Grilled Turkey Tips with Gravy</b> Garlic Pasta Broccoli & Red Peppers	<b>Chicken Francis</b> Herbed Rice Pilaf Green & wax Beans	<b>Lemon Rosemary Turkey with Gravy</b> Buttered Orzo Beets
Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Dessert of the Day Sugar Free Dessert	Roll Garlic Bread Green Bean Dessert of the Day Sugar Free Dessert
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Butternut Squash	Italian Wedding	Corn Chowder	Avgolemono	Creamy Cheddar Beer	Fish Chowder	Chicken Noodle
<b>Wentworth Burger</b> French Fries	<b>Shrimp Cocktail Plate</b> Lettuce & tomato	<b>Shepard's Pie</b> Peas & Carrots	<b>Chicken Kabob</b> Rice Pilaf Roasted Broccoli	<b>American Chop Suey</b> Corn Cobbett's	<b>Italian Sub</b> Vegetable Medley	<b>Pork chop with Gravy</b> Velvet Sweet Potatoes Peppers & Onions
<b>Broccoli &amp; Cheese Bake</b> Roasted Tomatoes	<b>Hot pastrami Sandwich</b> Homemade Potato Chips	<b>Antipasto Salad Plate</b> Peas & Carrots	<b>Open face turkey Sandwich</b> Stuffing Roasted Broccoli	<b>Greek Salad with Chicken</b> Pita	<b>Spinach &amp; Feta Pie</b> Vegetable Medley	<b>Grilled Beef Tips</b> Velvet Sweet Potatoes Peppers & Onions
Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert



### Wentworth Senior Living Dining Selections Week of 1/18/20

SUNDAY 9/29	MONDAY 9/30	TUESDAY 10/1	WEDNESDAY 10/2	THURSDAY 10/3	FRIDAY 10/4	SATURDAY 10/5
<i>Breakfast</i> <b>Fried Eggs</b> Bacon Danish	<i>Breakfast</i> <b>Scrambled Eggs</b> Sausage Links	<i>Breakfast</i> <b>Cheese Omelet</b> Home Fried Potatoes Sausage	<i>Breakfast</i> <b>Pancakes</b> Ham Steak	<i>Breakfast</i> <b>Scrambled Eggs</b> Bacon	<i>Breakfast</i> <b>French Toast</b> Sausage Patty Assorted Donuts	<i>Breakfast</i> <b>Scrambled Eggs</b> Bacon
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Broccoli & Cheese  <b>Baked Ham &amp; Pineapple Sauce</b> Mashed Sweet Potato Green Beans  <b>Broccoli &amp; Cheese Stuffed Chicken with Gravy</b> Mashed Sweet Potato Green Beans Roll Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Split Pea and Ham  <b>Roast Sirloin with Gravy</b> Roasted Fingerling Potatoes Broccoli  <b>Baked Haddock</b> Roasted Fingerling Potatoes Broccoli Roll Corn Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Beef & Rice  <b>Grilled Turkey Tips with Gravy</b> Herbed Rice Pilaf Chef's Blend  <b>Pork Tenderloin with Gravy</b> Herbed Rice Pilaf Chef's Blend Roll Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Vegetable  <b>Baked Scallops</b> Pumpkin Risotto Asparagus & Red Pepper  <b>Roasted Chicken with Gravy</b> Pumpkin Risotto Asparagus & Red Pepper Roll Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Four Cheese Lasagna</b> Baby Carrots  <b>Veal Marsala</b> Oven Roasted Potato Baby Carrots Garlic Bread Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Baked Stuffed Haddock</b> Mashed Potatoes Sautéed Baby Spinach  <b>Pot Roast with Gravy</b> Mashed Potatoes Sautéed Baby Spinach Roll Corn Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Beef Barley  <b>Salisbury Steak with Gravy</b> Buttered Noodles Zucchini & Yellow Squash  <b>Chicken Caccitore</b> Buttered Noodles Zucchini & Yellow Squash Roll Corn Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Broccoli & Cheese  <b>Sloppy Joe</b> Jo- Jo Fries  <b>Turkey club Sandwich</b> Jo- Jo Fries  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Ham Salad Sandwich</b> Tater tots Cole Slaw  <b>Fish Filet Sandwich</b> Tater tots Cole Slaw  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef & Rice  <b>Shepard's Pie</b> Peas & Onions  <b>Tuna melt</b> Homemade Potato Chips  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Vegetable  <b>B.L.T. with Cheese</b> Tossed Salad Pineapple Cottage Cheese  <b>Seafood Salad Roll</b> Pineapple Cottage Cheese  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Cobb Salad</b> Dinner Roll Mixed Vegetables  <b>Chicken Tenders with Sauce</b> French Fries Mixed Vegetables  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder  <b>Hamburger or Cheeseburger</b> Macaroni Salad Carrot & Broccoli  <b>Cheese Ravioli</b> Carrot & Broccoli Garlic Bread  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef Barley  <b>Hot Dogs &amp; Beans</b> Brown Bread Coleslaw  <b>Chicken Meatballs with Honey Mustard Sauce</b> Brown Bread Coleslaw Dessert of the Day Sugar Free Dessert



**Wentworth Senior Living Dining Selections week of 1/25/20**

<b>SUNDAY 10/6</b>	<b>MONDAY 10/7</b>	<b>TUESDAY 10/8</b>	<b>WEDNESDAY 10/9</b>	<b>THURSDAY 10/10</b>	<b>FRIDAY 10/11</b>	<b>SATURDAY 10/12</b>
<b>Breakfast</b> <b>Fried Eggs</b> Sausage Danish	<b>Breakfast</b> <b>French Toast w/ Fruit Topping</b> Sausage Patties	<b>Breakfast</b> <b>Scrambled Eggs</b> Cinnamon Donuts	<b>Breakfast</b> <b>Strata</b> Canadian Bacon	<b>Breakfast</b> <b>Apple Spiced Pancakes</b> Hash Brown Potatoes	<b>Breakfast</b> <b>Ham Omelet</b> Bacon Home fries	<b>Breakfast</b> <b>Scrambled Eggs</b> Sausage Pattie Scone
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef & Rice  <b>Turkey Dinner w/ Gravy</b> Stuffing Mashed Potatoes Butternut Squash <b>Stuffed Sole</b> Mashed Potatoes Butternut Squash  Peas Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Mulligatawny  <b>Grilled Lemon Dill Salmon</b> Garden Brown Rice Roasted Beets  <b>Boneless Pork Chop with Gravy</b> Garden Brown Rice Roasted Beets  Peas Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tukey Noodle  <b>Steak Au Poivre with Gravy</b> Potato Du Jour Fresh Carrot Coins  <b>Chicken Marsala</b> Potato Du Jour Fresh Carrot Coins  Peas Garlic Bread Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Fried Shrimp</b> Baked Potato Chef's Blend  <b>Pork Tenderloin with Apple Compote</b> Baked Potato Chef's Blend Peas Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken Vegetable  <b>Chicken Bacon Ranch Sandwich</b> Onion Rings Garlic & Tomato Kale  <b>Stuffed Peppers</b> Onion Rings Garlic & Tomato Kale  Peas Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Shrimp Bisque  <b>Turkey Tenderloin with Gravy</b> Rice Pilaf Fresh Beets  <b>Grilled Swordfish</b> Rice Pilaf Fresh Beets  Peas Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Spaghetti &amp; Meatballs</b> Broccoli & Cauliflower  <b>Chicken Stew</b> Broccoli & Cauliflower  Peas Biscuit Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Beef & Rice  <b>Pastichio</b> Stewed Tomatoes  <b>Tuna Melt</b> Smiley Fries Stewed Tomatoes  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Mulligatawny  <b>Vegetable Quiche</b> Tossed Salad  <b>Fish &amp; Chips</b> Tossed Salad  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Tukey Noodle  <b>Turkey Burger</b> Sweet Potato Tots Olive & Artichoke Medley <b>Roast Beef Melt</b> Sweet Potato Tots Olive & Artichoke Medley  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Soup Du Jour  <b>Lobster Sliders</b> Homemade Potato Chips Apple Cole Slaw <b>BBQ Chicken</b> Homemade Potato Chips Apple Cole Slaw  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Chicken Vegetable  <b>Ruben Sandwich</b> Couscous Salad Green & wax Beans <b>Pulled Pork Sandwich</b> Couscous Salad Green & wax Beans  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Shrimp Bisque  <b>Eggplant Parmesan</b> Caesar Salad  <b>Fish Filet Sandwich</b> Waffle Fries  Baked Chicken or Fish *Always Available Menu Dessert of the day Sugar Free Dessert	<b>Dinner</b> Soup Du Jour  <b>Chicken Cutlet on a Bun</b> Steak Fries Chef's Blend <b>Sausage, Pepper, Onion Sub</b> Steak Fries Chef's Blend  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert



## Wentworth Senior Living Dining Selections Week of 2/1/20

<b>SUNDAY 10/13</b> <i>Breakfast</i>	<b>MONDAY 10/14</b> <i>Breakfast</i>	<b>TUESDAY 10/15</b> <i>Breakfast</i>	<b>WEDNESDAY 10/16</b> <i>Breakfast</i>	<b>THURSDAY 10/17</b> <i>Breakfast</i>	<b>FRIDAY 10/18</b> <i>Breakfast</i>	<b>SATURDAY 10/19</b> <i>Breakfast</i>
<b>French Toast</b> Sausage Danish	<b>Quiche du Jour</b> Home Fried Potatoes	<b>Scrambled Eggs</b> Bacon	<b>Cheese Omelet</b> Country Styled Ham Donuts	<b>Pancakes w/ Syrup</b> Hash Brown Potatoes	<b>Eggs to Order</b> Bacon	<b>Pancakes</b> Sausage Links
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Bean  <b>Pot Roast with Gravy</b> Mashed Potatoes Sautéed baby Spinach  <b>Chicken Cordon Bleu</b> Mashed Potatoes Sautéed baby Spinach  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Kielbasa with Apple &amp; Onions</b> Buttered Noodles Roasted Root Vegetables  <b>Shrimp Scampi</b> Buttered Noodles Roasted Root Vegetables  Carrots Garlic Bread Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Potato Leek  <b>Roast Turkey with Gravy</b> Roasted Fingerling Potatoes Butter Broccoli  <b>Pasta Primavera</b> Butter Broccoli  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup  <b>Chorizo Braised Mussels</b> Bow Tie Pasta Asparagus & Red peppers  <b>Roast Sirloin with Gravy</b> Mashed Potatoes Asparagus & Red peppers  Carrots Bread Slick Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Lentil  <b>Chicken Florentine</b> Wild Rice Barley Pilaf Chef's Blend  <b>Roasted Stuffed Pork Loin with Gravy</b> Wild Rice Barley Pilaf Chef's Blend Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Crab Cakes</b> Baked Potato Brussel Sprouts  <b>Baked Macaroni &amp; Cheese</b> Baked Potato Brussel Sprouts  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Tomato Basil  <b>Chicken Pot Pie</b> Peas & Carrots  <b>Beef Stroganoff</b> Peas & Carrots Carrots Biscuit Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Turkey Bean  <b>Homemade Fish Cakes</b> French Fries Pickled Beets Salad  <b>Steak Bomb</b> French Fries Pickled Beets Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Egg Salad on a Croissant</b> Onion Rings Marinated Italian Vegetables  <b>Stuffed Shells</b> Onion Rings Marinated Italian Vegetables  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Potato Leek  <b>Baked Stuffed Shrimp</b> Zucchini  <b>Grill Ham &amp; Cheese</b> Zucchini  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken Noodle Soup  <b>Hot Pastrami Sandwich</b> Tater Tots Broccoli Salad  <b>Chicken Salad Sandwich</b> Tater Tots Broccoli Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Lentil  <b>Monte Cristo Sandwich</b> Sweet Potato Fries  <b>Patty Melt</b> Sweet Potato Fries  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder  <b>Fried Haddock on Brioche</b> French Fries Bean Medley  <b>Chicken Meatballs with Honey Mustard</b> French Fries Bean Medley Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Tomato Basil  <b>Hot Dog</b> Brown Bread Baked Beans Cole Slaw  <b>Tuna Salad Plate</b> Cole Slaw  Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Home Dining Selections Week of 2/8/20

SUNDAY 10/20	MONDAY 10/21	TUESDAY 10/21	WEDNESDAY 10/23	THURSDAY 10/24	FRIDAY 10/25	SATURDAY 10/26
<i>Breakfast</i> <b>Pancakes</b> Sausage Danish	<i>Breakfast</i> <b>Scrambled Eggs</b> Home Fried Potatoes Country Ham	<i>Breakfast</i> <b>French Toast w/ Fruit Topping</b> Bacon	<i>Breakfast</i> <b>Eggs Your Way</b> Sausage Patties	<i>Breakfast</i> <b>Belgian Waffle</b> Potato Pancakes	<i>Breakfast</i> <b>Eggs to Order</b> Bacon	<i>Breakfast</i> <b>Cheese Omelets</b> Sausage Link
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken & Rice  <b>Broccoli Stuffed Chicken with Gravy</b> Confetti Rice Cauliflower & Red Peppers <b>Haddock with Crumb Topping</b> Confetti Rice Cauliflower & Red Peppers  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Maple Glazed Pork</b> Almond Rice Pilaf Green Beans  <b>Cider Brined Roast Turkey with Gravy</b> Almond Rice Pilaf Green Beans Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Sausage, Pepper & Potato  <b>Stuffed Cabbage</b> Creamy Parmesan Risotto Garlic Spinach  <b>BBQ Chicken Thighs</b> Creamy Parmesan Risotto Garlic Spinach  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Barley  <b>Seafood Casserole</b> Roasted Sweet Potato Harvard Beets  <b>Four Cheese Lasagna</b> Harvard Beets  Garlic Bread Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken & Vegetable  <b>Pork Stir Fry</b> Steamed Jasmine Rice Dilled carrots  <b>Chicken Marsala</b> Steamed Jasmine Rice Dilled carrots  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Fresh Fish Of the Day</b> Parsley Mashed Potatoes Chef's Blend  <b>Beef &amp; Broccoli</b> Parsley Mashed Potatoes Chef's Blend  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Beef Barley  <b>Lobster Ravioli in a Cream Sauce</b> Whipped Butternut Squash  <b>Turkey Tetrazzini</b> Whipped Butternut Squash  Garlic Bread Asparagus Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Chicken & Rice  <b>Italian Sub</b> Homemade Potato Chips Caprese Salad  <b>Tuna Salad Sandwich</b> Homemade Potato Chips  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Pulled Pork Sandwich</b> Sweet Potato Tots Apple Cole Slaw  <b>Manicotti</b> Garlic Bread  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Sausage, Pepper & Potato  <b>Beef Teriyaki Skewers</b> Brown Rice Vegetable Medley  <b>Chicken salad sandwich</b> Homemade Chips  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Barley  <b>Herb Seared Salmon Salad</b> Dinner Roll  <b>Swiss Burger with Mushrooms</b> French Fried Potatoes  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken & Vegetable  <b>French Dip Sandwich</b> Waffle Fries Roasted Cherry Tomatoes  <b>Bologna &amp; Cheese Sandwich</b> Roasted Cherry Tomatoes  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Seafood Chowder  <b>Baked Fish Sandwich</b> Smiley Fries Dilled Carrots  <b>Chicken Waldorf Salad</b> Dilled Carrots dinner Roll  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef Barley  <b>American Chop Suey</b>  <b>Grilled Tomato, Mozzarella, &amp; Basil Sandwich</b> Chips  Dessert of the Day Sugar Free Dessert



## Wentworth Senior Living Home Dining Selections Week of 2/15/20

SUNDAY 10/27	MONDAY 10/28	TUESDAY 10/29	WEDNESDAY 10/30	THURSDAY 10/31	FRIDAY 11/1	SATURDAY 11/2
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
<b>Scrambled Eggs</b> Bacon Danish	<b>French Toast</b> Sausage Patty	<b>Scrambled Eggs</b> Ham Steak	<b>Chef's Special Pancakes</b>	<b>Waffles</b> Bacon	<b>Eggs to Order</b> Sausage Patty	<b>Ham, Egg &amp; Cheese on Croissant</b> Sausage Link
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Butternut Squash	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Italian Wedding	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Corn Chowder	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Avgolemono	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Creamy Cheddar Beer	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Fish Chowder	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Chicken Noodle
<b>Turkey Dinner w/ Gravy</b> Stuffing Mashed Potatoes Butternut Squash	<b>Beef Burgundy</b> Buttered Noodles Lemon Broccoli	<b>Fresh Fish of the day</b> Almond Rice Pilaf Fresh Julienne Vegetables	<b>Roast Pork Loin with Gravy</b> O'Brien's Potatoes Carrots & Turnips	<b>Chicken Marsala</b> Garlic Pasta Broccoli & Red Peppers	<b>Baked Haddock</b> Herbed Rice Pilaf Green & wax Beans	<b>Baked Ziti with Meatballs</b> Beets
<b>Pot Roast with Gravy</b> Mashed Potatoes Butternut Squash	<b>Crab Stuffed filet of Sole</b> Buttered Noodles Lemon Broccoli	<b>Baked Ranch Chicken</b> Almond Rice Pilaf Fresh Julienne Vegetables	<b>Glazed Roast Beef</b> O'Brien's Potatoes Carrots & Turnips	<b>Grilled Turkey Tips with Gravy</b> Garlic Pasta Broccoli & Red Peppers	<b>Chicken Francis</b> Herbed Rice Pilaf Green & wax Beans	<b>Lemon Rosemary Turkey with Gravy</b> Buttered Orzo Beets
Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Butternut Squash	Italian Wedding	Corn Chowder	Avgolemono	Creamy Cheddar Beer	Fish Chowder	Chicken Noodle
<b>Wentworth Burger</b> French Fries	<b>Shrimp Cocktail Plate</b> Lettuce & tomato	<b>Shepard's Pie</b> Peas & Carrots	<b>Chicken Kabob</b> Rice Pilaf Roasted Broccoli	<b>American Chop Suey</b> Corn Cobbett's	<b>Italian Sub</b> Vegetable Medley	<b>Pork chop with Gravy</b> Velvet Sweet Potatoes Peppers & Onions
<b>Broccoli &amp; Cheese Bake</b> Roasted Tomatoes	<b>Hot pastrami Sandwich</b> Homemade Potato Chips	<b>Antipasto Salad Plate</b> Peas & Carrots	<b>Open face turkey Sandwich</b> Stuffing Roasted Broccoli	<b>Greek Salad with Chicken</b> Pita	<b>Spinach &amp; Feta Pie</b> Vegetable Medley	<b>Grilled Beef Tips</b> Velvet Sweet Potatoes Peppers & Onions
Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert



### Wentworth Senior Living Dining Selections Week of 2/22/20

SUNDAY 2/23	MONDAY 2/24	TUESDAY 2/25	WEDNESDAY 2/26	THURSDAY 2/27	FRIDAY 2/28	SATURDAY 3/1
<i>Breakfast</i> <b>Fried Eggs</b> Bacon Danish	<i>Breakfast</i> <b>Scrambled Eggs</b> Sausage Links	<i>Breakfast</i> <b>Cheese Omelet</b> Home Fried Potatoes Sausage	<i>Breakfast</i> <b>Pancakes</b> Ham Steak	<i>Breakfast</i> <b>Scrambled Eggs</b> Bacon	<i>Breakfast</i> <b>French Toast</b> Sausage Patty Assorted Donuts	<i>Breakfast</i> <b>Scrambled Eggs</b> Bacon
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Broccoli & Cheese <b>Baked Ham &amp; Pineapple Sauce</b> Mashed Sweet Potato Green Beans <b>Broccoli &amp; Cheese Stuffed Chicken with Gravy</b> Mashed Sweet Potato Green Beans Roll Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Split Pea and Ham <b>Roast Sirloin with Gravy</b> Roasted Fingerling Potatoes Broccoli <b>Baked Haddock</b> Roasted Fingerling Potatoes Broccoli Roll Corn Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Beef & Rice <b>Grilled Turkey Tips with Gravy</b> Herbed Rice Pilaf Chef's Blend <b>Pork Tenderloin with Gravy</b> Herbed Rice Pilaf Chef's Blend Roll Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Vegetable <b>Baked Scallops</b> Pumpkin Risotto Asparagus & Red Pepper <b>Roasted Chicken with Gravy</b> Pumpkin Risotto Asparagus & Red Pepper Roll Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour <b>Four Cheese Lasagna</b> Baby Carrots <b>Veal Marsala</b> Oven Roasted Potato Baby Carrots Garlic Bread Corn Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder <b>Baked Stuffed Haddock</b> Mashed Potatoes Sautéed Baby Spinach <b>Pot Roast with Gravy</b> Mashed Potatoes Sautéed Baby Spinach Roll Corn Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Beef Barley <b>Salisbury Steak with Gravy</b> Buttered Noodles Zucchini & Yellow Squash <b>Chicken Caccitore</b> Buttered Noodles Zucchini & Yellow Squash Roll Corn Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Broccoli & Cheese <b>Sloppy Joe</b> Jo- Jo Fries <b>Turkey club Sandwich</b> Jo- Jo Fries Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour <b>Ham Salad Sandwich</b> Tater tots Cole Slaw <b>Fish Filet Sandwich</b> Tater tots Cole Slaw Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef & Rice <b>Shepard's Pie</b> Peas & Onions <b>Tuna melt</b> Homemade Potato Chips Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Vegetable <b>B.L.T. with Cheese</b> Tossed Salad Pineapple Cottage Cheese <b>Seafood Salad Roll</b> Pineapple Cottage Cheese Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour <b>Cobb Salad</b> Dinner Roll Mixed Vegetables <b>Chicken Tenders with Sauce</b> French Fries Mixed Vegetables Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder <b>Hamburger or Cheeseburger</b> Macaroni Salad Carrot & Broccoli <b>Cheese Ravioli</b> Carrot & Broccoli Garlic Bread Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef Barley <b>Hot Dogs &amp; Beans</b> Brown Bread Coleslaw <b>Chicken Meatballs with Honey Mustard Sauce</b> Brown Bread Coleslaw Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Dining Selections week of 2/29/20

SUNDAY 10/6 <i>Breakfast</i>	MONDAY 10/7 <i>Breakfast</i>	TUESDAY 10/8 <i>Breakfast</i>	WEDNESDAY 10/9 <i>Breakfast</i>	THURSDAY 10/10 <i>Breakfast</i>	FRIDAY 10/11 <i>Breakfast</i>	SATURDAY 10/12 <i>Breakfast</i>
<b>Fried Eggs</b> Sausage Danish	<b>French Toast w/ Fruit Topping</b> Sausage Patties	<b>Scrambled Eggs</b> Cinnamon Donuts	<b>Strata</b> Canadian Bacon	<b>Apple Spiced Pancakes</b> Hash Brown Potatoes	<b>Ham Omelet</b> Bacon Home fries	<b>Scrambled Eggs</b> Sausage Pattie Scone
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef & Rice	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Mulligatawny	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tukey Noodle	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken Vegetable	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Shrimp Bisque	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour
<b>Turkey Dinner w/ Gravy</b> Stuffing Mashed Potatoes Butternut Squash <b>Stuffed Sole</b> Mashed Potatoes Butternut Squash	<b>Grilled Lemon Dill Salmon</b> Garden Brown Rice Roasted Beets  <b>Boneless Pork Chop with Gravy</b> Garden Brown Rice Roasted Beets	<b>Steak Au Poivre with Gravy</b> Potato Du Jour Fresh Carrot Coins	<b>Fried Shrimp</b> Baked Potato Chef's Blend	<b>Chicken Bacon Ranch Sandwich</b> Onion Rings Garlic & Tomato Kale	<b>Turkey Tenderloin with Gravy</b> Rice Pilaf Fresh Beets	<b>Spaghetti &amp; Meatballs</b> Broccoli & Cauliflower
Peas Roll Dessert of the Day Sugar Free Dessert	Peas Roll Dessert of the Day Sugar Free Dessert	Peas Garlic Bread Dessert of the Day Sugar Free Dessert	<b>Pork Tenderloin with Apple Compote</b> Baked Potato Chef's Blend Peas Roll Dessert of the Day Sugar Free Dessert	<b>Stuffed Peppers</b> Onion Rings Garlic & Tomato Kale  Peas Roll Dessert of the Day Sugar Free Dessert	<b>Grilled Swordfish</b> Rice Pilaf Fresh Beets  Peas Roll Dessert of the Day Sugar Free Dessert	<b>Chicken Stew</b> Broccoli & Cauliflower  Peas Biscuit Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Beef & Rice  <b>Pastichio</b> Stewed Tomatoes  <b>Tuna Melt</b> Smiley Fries Stewed Tomatoes  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Mulligatawny  <b>Vegetable Quiche</b> Tossed Salad  <b>Fish &amp; Chips</b> Tossed Salad  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Tukey Noodle  <b>Turkey Burger</b> Sweet Potato Tots Olive & Artichoke Medley <b>Roast Beef Melt</b> Sweet Potato Tots Olive & Artichoke Medley  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Soup Du Jour  <b>Lobster Sliders</b> Homemade Potato Chips Apple Cole Slaw <b>BBQ Chicken</b> Homemade Potato Chips Apple Cole Slaw  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Chicken Vegetable  <b>Ruben Sandwich</b> Couscous Salad Green & wax Beans <b>Pulled Pork Sandwich</b> Couscous Salad Green & wax Beans  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Shrimp Bisque  <b>Eggplant Parmesan</b> Caesar Salad  <b>Fish Filet Sandwich</b> Waffle Fries  Baked Chicken or Fish *Always Available Menu Dessert of the day Sugar Free Dessert	<b>Dinner</b> Soup Du Jour  <b>Chicken Outlet on a Bun</b> Steak Fries Chef's Blend <b>Sausage, Pepper, Onion Sub</b> Steak Fries Chef's Blend  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert





### Wentworth Senior Living Dining Selections Week of 3/7/20

SUNDAY 10/13 <i>Breakfast</i>	MONDAY 10/14 <i>Breakfast</i>	TUESDAY 10/15 <i>Breakfast</i>	WEDNESDAY 10/16 <i>Breakfast</i>	THURSDAY 10/17 <i>Breakfast</i>	FRIDAY 10/18 <i>Breakfast</i>	SATURDAY 10/19 <i>Breakfast</i>
<b>French Toast</b> Sausage Danish	<b>Quiche du Jour</b> Home Fried Potatoes	<b>Scrambled Eggs</b> Bacon	<b>Cheese Omelet</b> Country Styled Ham Donuts	<b>Pancakes w/ Syrup</b> Hash Brown Potatoes	<b>Eggs to Order</b> Bacon	<b>Pancakes</b> Sausage Links
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Bean  <b>Pot Roast with Gravy</b> Mashed Potatoes Sautéed baby Spinach  <b>Chicken Cordon Bleu</b> Mashed Potatoes Sautéed baby Spinach  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Kielbasa with Apple &amp; Onions</b> Buttered Noodles Roasted Root Vegetables  <b>Shrimp Scampi</b> Buttered Noodles Roasted Root Vegetables  Carrots Garlic Bread Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Potato Leek  <b>Roast Turkey with Gravy</b> Roasted Fingerling Potatoes Butter Broccoli  <b>Pasta Primavera</b> Butter Broccoli  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup  <b>Chorizo Braised Mussels</b> Bow Tie Pasta Asparagus & Red peppers  <b>Roast Sirloin with Gravy</b> Mashed Potatoes Asparagus & Red peppers  Carrots Bread Slick Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Lentil  <b>Chicken Florentine</b> Wild Rice Barley Pilaf Chef's Blend  <b>Roasted Stuffed Pork Loin with Gravy</b> Wild Rice Barley Pilaf Chef's Blend Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Crab Cakes</b> Baked Potato Brussel Sprouts  <b>Baked Macaroni &amp; Cheese</b> Baked Potato Brussel Sprouts  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Tomato Basil  <b>Chicken Pot Pie</b> Peas & Carrots  <b>Beef Stroganoff</b> Peas & Carrots Carrots Biscuit Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Turkey Bean  <b>Homemade Fish Cakes</b> French Fries Pickled Beets Salad  <b>Steak Bomb</b> French Fries Pickled Beets Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Egg Salad on a Croissant</b> Onion Rings Marinated Italian Vegetables  <b>Stuffed Shells</b> Onion Rings Marinated Italian Vegetables  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Potato Leek  <b>Baked Stuffed Shrimp</b> Zucchini  <b>Grill Ham &amp; Cheese</b> Zucchini  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken Noodle Soup  <b>Hot Pastrami Sandwich</b> Tater Tots Broccoli Salad  <b>Chicken Salad Sandwich</b> Tater Tots Broccoli Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Lentil  <b>Monte Cristo Sandwich</b> Sweet Potato Fries  <b>Patty Melt</b> Sweet Potato Fries  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder  <b>Fried Haddock on Brioche</b> French Fries Bean Medley  <b>Chicken Meatballs with Honey Mustard</b> French Fries Bean Medley Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Tomato Basil  <b>Hot Dog</b> Brown Bread Baked Beans Cole Slaw  <b>Tuna Salad Plate</b> Cole Slaw  Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Home Dining Selections Week of 3/14/20

SUNDAY 10/20	MONDAY 10/21	TUESDAY 10/21	WEDNESDAY 10/23	THURSDAY 10/24	FRIDAY 10/25	SATURDAY 10/26
<i>Breakfast</i> <b>Pancakes</b> Sausage Danish	<i>Breakfast</i> <b>Scrambled Eggs</b> Home Fried Potatoes Country Ham	<i>Breakfast</i> <b>French Toast w/ Fruit Topping</b> Bacon	<i>Breakfast</i> <b>Eggs Your Way</b> Sausage Patties	<i>Breakfast</i> <b>Belgian Waffle</b> Potato Pancakes	<i>Breakfast</i> <b>Eggs to Order</b> Bacon	<i>Breakfast</i> <b>Cheese Omelets</b> Sausage Link
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken & Rice  <b>Broccoli Stuffed Chicken with Gravy</b> Confetti Rice Cauliflower & Red Peppers <b>Haddock with Crumb Topping</b> Confetti Rice Cauliflower & Red Peppers  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Maple Glazed Pork</b> Almond Rice Pilaf Green Beans  <b>Cider Brined Roast Turkey with Gravy</b> Almond Rice Pilaf Green Beans Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Sausage, Pepper & Potato  <b>Stuffed Cabbage</b> Creamy Parmesan Risotto Garlic Spinach  <b>BBQ Chicken Thighs</b> Creamy Parmesan Risotto Garlic Spinach  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Barley  <b>Seafood Casserole</b> Roasted Sweet Potato Harvard Beets  <b>Four Cheese Lasagna</b> Harvard Beets  Garlic Bread Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken & Vegetable  <b>Pork Stir Fry</b> Steamed Jasmine Rice Dilled carrots  <b>Chicken Marsala</b> Steamed Jasmine Rice Dilled carrots  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Fresh Fish Of the Day</b> Parsley Mashed Potatoes Chef's Blend  <b>Beef &amp; Broccoli</b> Parsley Mashed Potatoes Chef's Blend  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Beef Barley  <b>Lobster Ravioli in a Cream Sauce</b> Whipped Butternut Squash  <b>Turkey Tetrazzini</b> Whipped Butternut Squash  Garlic Bread Asparagus Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Chicken & Rice  <b>Italian Sub</b> Homemade Potato Chips Caprese Salad  <b>Tuna Salad Sandwich</b> Homemade Potato Chips  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Pulled Pork Sandwich</b> Sweet Potato Tots Apple Cole Slaw  <b>Manicotti</b> Garlic Bread  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Sausage, Pepper & Potato  <b>Beef Teriyaki Skewers</b> Brown Rice Vegetable Medley  <b>Chicken salad sandwich</b> Homemade Chips  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Barley  <b>Herb Seared Salmon Salad</b> Dinner Roll  <b>Swiss Burger with Mushrooms</b> French Fried Potatoes  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken & Vegetable  <b>French Dip Sandwich</b> Waffle Fries Roasted Cherry Tomatoes  <b>Bologna &amp; Cheese Sandwich</b> Roasted Cherry Tomatoes  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Seafood Chowder  <b>Baked Fish Sandwich</b> Smiley Fries Dilled Carrots  <b>Chicken Waldorf Salad</b> Dilled Carrots dinner Roll  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef Barley  <b>American Chop Suey</b>  <b>Grilled Tomato, Mozzarella, &amp; Basil Sandwich</b> Chips  Dessert of the Day Sugar Free Dessert



## Wentworth Senior Living Home Dining Selections Week of 3/21/20

SUNDAY 10/27	MONDAY 10/28	TUESDAY 10/29	WEDNESDAY 10/30	THURSDAY 10/31	FRIDAY 11/1	SATURDAY 11/2
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
<b>Scrambled Eggs</b> Bacon Danish	<b>French Toast</b> Sausage Patty	<b>Scrambled Eggs</b> Ham Steak	<b>Chef's Special Pancakes</b>	<b>Waffles</b> Bacon	<b>Eggs to Order</b> Sausage Patty	<b>Ham, Egg &amp; Cheese on Croissant</b> Sausage Link
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Butternut Squash	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Italian Wedding	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Corn Chowder	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Avgolemono	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Creamy Cheddar Beer	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Fish Chowder	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Chicken Noodle
<b>Turkey Dinner w/ Gravy</b> Stuffing Mashed Potatoes Butternut Squash	<b>Beef Burgundy</b> Buttered Noodles Lemon Broccoli	<b>Fresh Fish of the day</b> Almond Rice Pilaf Fresh Julienne Vegetables	<b>Roast Pork Loin with Gravy</b> O'Brien's Potatoes Carrots & Turnips	<b>Chicken Marsala</b> Garlic Pasta Broccoli & Red Peppers	<b>Baked Haddock</b> Herbed Rice Pilaf Green & wax Beans	<b>Baked Ziti with Meatballs</b> Beets
<b>Pot Roast with Gravy</b> Mashed Potatoes Butternut Squash	<b>Crab Stuffed filet of Sole</b> Buttered Noodles Lemon Broccoli	<b>Baked Ranch Chicken</b> Almond Rice Pilaf Fresh Julienne Vegetables	<b>Glazed Roast Beef</b> O'Brien's Potatoes Carrots & Turnips	<b>Grilled Turkey Tips with Gravy</b> Garlic Pasta Broccoli & Red Peppers	<b>Chicken Francis</b> Herbed Rice Pilaf Green & wax Beans	<b>Lemon Rosemary Turkey with Gravy</b> Buttered Orzo Beets
Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Dessert of the Day Sugar Free Dessert	Roll Garlic Bread Green Bean Dessert of the Day Sugar Free Dessert
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Butternut Squash	Italian Wedding	Corn Chowder	Avgolemono	Creamy Cheddar Beer	Fish Chowder	Chicken Noodle
<b>Wentworth Burger</b> French Fries	<b>Shrimp Cocktail Plate</b> Lettuce & tomato	<b>Shepard's Pie</b> Peas & Carrots	<b>Chicken Kabob</b> Rice Pilaf Roasted Broccoli	<b>American Chop Suey</b> Corn Cobbett's	<b>Italian Sub</b> Vegetable Medley	<b>Pork chop with Gravy</b> Velvet Sweet Potatoes Peppers & Onions
<b>Broccoli &amp; Cheese Bake</b> Roasted Tomatoes	<b>Hot pastrami Sandwich</b> Homemade Potato Chips	<b>Antipasto Salad Plate</b> Peas & Carrots	<b>Open face turkey Sandwich</b> Stuffing Roasted Broccoli	<b>Greek Salad with Chicken</b> Pita	<b>Spinach &amp; Feta Pie</b> Vegetable Medley	<b>Grilled Beef Tips</b> Velvet Sweet Potatoes Peppers & Onions
Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert



### Wentworth Senior Living Dining Selections Week of 3/28/20

SUNDAY 3/29	MONDAY 3/30	TUESDAY 3/31	WEDNESDAY 4/1	THURSDAY 4/2	FRIDAY 4/3	SATURDAY 4/4
<b>Breakfast</b> Fried Eggs Bacon Danish	<b>Breakfast</b> Scrambled Eggs Sausage Links	<b>Breakfast</b> Cheese Omelet Home Fried Potatoes Sausage	<b>Breakfast</b> Pancakes Ham Steak	<b>Breakfast</b> Scrambled Eggs Bacon	<b>Breakfast</b> French Toast Sausage Patty Assorted Donuts	<b>Breakfast</b> Scrambled Eggs Bacon
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Broccoli & Cheese  <b>Baked Ham &amp; Pineapple Sauce</b> Mashed Sweet Potato Green Beans  <b>Broccoli &amp; Cheese Stuffed Chicken with Gravy</b> Mashed Sweet Potato Green Beans Roll Corn Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Split Pea and Ham  <b>Roast Sirloin with Gravy</b> Roasted Fingerling Potatoes Broccoli  <b>Baked Haddock</b> Roasted Fingerling Potatoes Broccoli Roll Corn Dessert of the day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef & Rice  <b>Grilled Turkey Tips with Gravy</b> Herbed Rice Pilaf Chef's Blend  <b>Pork Tenderloin with Gravy</b> Herbed Rice Pilaf Chef's Blend Roll Corn Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Turkey Vegetable  <b>Baked Scallops</b> Pumpkin Risotto Asparagus & Red Pepper  <b>Roasted Chicken with Gravy</b> Pumpkin Risotto Asparagus & Red Pepper Roll Corn Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Four Cheese Lasagna</b> Baby Carrots  <b>Veal Marsala</b> Oven Roasted Potato Baby Carrots Garlic Bread Corn Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Baked Stuffed Haddock</b> Mashed Potatoes Sautéed Baby Spinach  <b>Pot Roast with Gravy</b> Mashed Potatoes Sautéed Baby Spinach Roll Corn Dessert of the day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef Barley  <b>Salisbury Steak with Gravy</b> Buttered Noodles Zucchini & Yellow Squash  <b>Chicken Caccitore</b> Buttered Noodles Zucchini & Yellow Squash Roll Corn Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Broccoli & Cheese  <b>Sloppy Joe</b> Jo- Jo Fries  <b>Turkey club Sandwich</b> Jo- Jo Fries  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Soup Du Jour  <b>Ham Salad Sandwich</b> Tater tots Cole Slaw  <b>Fish Filet Sandwich</b> Tater tots Cole Slaw  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef & Rice  <b>Shepard's Pie</b> Peas & Onions  <b>Tuna melt</b> Homemade Potato Chips  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Vegetable  <b>B.L.T. with Cheese</b> Tossed Salad Pineapple Cottage Cheese  <b>Seafood Salad Roll</b> Pineapple Cottage Cheese  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Soup Du Jour  <b>Cobb Salad</b> Dinner Roll Mixed Vegetables  <b>Chicken Tenders with Sauce</b> French Fries Mixed Vegetables  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Clam Chowder  <b>Hamburger or Cheeseburger</b> Macaroni Salad Carrot & Broccoli  <b>Cheese Ravioli</b> Carrot & Broccoli Garlic Bread  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef Barley  <b>Hot Dogs &amp; Beans</b> Brown Bread Coleslaw  <b>Chicken Meatballs with Honey Mustard Sauce</b> Brown Bread Coleslaw Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Dining Selections week of 4/4/20

SUNDAY 10/6 <i>Breakfast</i>	MONDAY 10/7 <i>Breakfast</i>	TUESDAY 10/8 <i>Breakfast</i>	WEDNESDAY 10/9 <i>Breakfast</i>	THURSDAY 10/10 <i>Breakfast</i>	FRIDAY 10/11 <i>Breakfast</i>	SATURDAY 10/12 <i>Breakfast</i>
<b>Fried Eggs</b> Sausage Danish	<b>French Toast w/ Fruit Topping</b> Sausage Patties	<b>Scrambled Eggs</b> Cinnamon Donuts	<b>Strata</b> Canadian Bacon	<b>Apple Spiced Pancakes</b> Hash Brown Potatoes	<b>Ham Omelet</b> Bacon Home fries	<b>Scrambled Eggs</b> Sausage Pattie Scone
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef & Rice	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Mulligatawny	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tukey Noodle	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken Vegetable	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Shrimp Bisque	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour
<b>Turkey Dinner w/ Gravy</b> Stuffing Mashed Potatoes Butternut Squash <b>Stuffed Sole</b> Mashed Potatoes Butternut Squash	<b>Grilled Lemon Dill Salmon</b> Garden Brown Rice Roasted Beets  <b>Boneless Pork Chop with Gravy</b> Garden Brown Rice Roasted Beets	<b>Steak Au Poivre with Gravy</b> Potato Du Jour Fresh Carrot Coins	<b>Fried Shrimp</b> Baked Potato Chef's Blend	<b>Chicken Bacon Ranch Sandwich</b> Onion Rings Garlic & Tomato Kale	<b>Turkey Tenderloin with Gravy</b> Rice Pilaf Fresh Beets	<b>Spaghetti &amp; Meatballs</b> Broccoli & Cauliflower
Peas Roll Dessert of the Day Sugar Free Dessert	Peas Roll Dessert of the Day Sugar Free Dessert	Peas Garlic Bread Dessert of the Day Sugar Free Dessert	<b>Pork Tenderloin with Apple Compote</b> Baked Potato Chef's Blend Peas Roll Dessert of the Day Sugar Free Dessert	<b>Stuffed Peppers</b> Onion Rings Garlic & Tomato Kale  Peas Roll Dessert of the Day Sugar Free Dessert	<b>Grilled Swordfish</b> Rice Pilaf Fresh Beets  Peas Roll Dessert of the Day Sugar Free Dessert	<b>Chicken Stew</b> Broccoli & Cauliflower  Peas Biscuit Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Beef & Rice  <b>Pastichio</b> Stewed Tomatoes  <b>Tuna Melt</b> Smiley Fries Stewed Tomatoes  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Mulligatawny  <b>Vegetable Quiche</b> Tossed Salad  <b>Fish &amp; Chips</b> Tossed Salad  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Tukey Noodle  <b>Turkey Burger</b> Sweet Potato Tots Olive & Artichoke Medley <b>Roast Beef Melt</b> Sweet Potato Tots Olive & Artichoke Medley  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Soup Du Jour  <b>Lobster Sliders</b> Homemade Potato Chips Apple Cole Slaw <b>BBQ Chicken</b> Homemade Potato Chips Apple Cole Slaw  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Chicken Vegetable  <b>Ruben Sandwich</b> Couscous Salad Green & wax Beans <b>Pulled Pork Sandwich</b> Couscous Salad Green & wax Beans  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Shrimp Bisque  <b>Eggplant Parmesan</b> Caesar Salad  <b>Fish Filet Sandwich</b> Waffle Fries  Baked Chicken or Fish *Always Available Menu Dessert of the day Sugar Free Dessert	<b>Dinner</b> Soup Du Jour  <b>Chicken Outlet on a Bun</b> Steak Fries Chef's Blend <b>Sausage, Pepper, Onion Sub</b> Steak Fries Chef's Blend  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Dining Selections Week of 4/11/20

<b>SUNDAY 10/13</b> <i>Breakfast</i>	<b>MONDAY 10/14</b> <i>Breakfast</i>	<b>TUESDAY 10/15</b> <i>Breakfast</i>	<b>WEDNESDAY 10/16</b> <i>Breakfast</i>	<b>THURSDAY 10/17</b> <i>Breakfast</i>	<b>FRIDAY 10/18</b> <i>Breakfast</i>	<b>SATURDAY 10/19</b> <i>Breakfast</i>
<b>French Toast</b> Sausage Danish	<b>Quiche du Jour</b> Home Fried Potatoes	<b>Scrambled Eggs</b> Bacon	<b>Cheese Omelet</b> Country Styled Ham Donuts	<b>Pancakes w/ Syrup</b> Hash Brown Potatoes	<b>Eggs to Order</b> Bacon	<b>Pancakes</b> Sausage Links
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Bean  <b>Pot Roast with Gravy</b> Mashed Potatoes Sautéed baby Spinach  <b>Chicken Cordon Bleu</b> Mashed Potatoes Sautéed baby Spinach  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Kielbasa with Apple &amp; Onions</b> Buttered Noodles Roasted Root Vegetables  <b>Shrimp Scampi</b> Buttered Noodles Roasted Root Vegetables  Carrots Garlic Bread Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Potato Leek  <b>Roast Turkey with Gravy</b> Roasted Fingerling Potatoes Butter Broccoli  <b>Pasta Primavera</b> Butter Broccoli  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup  <b>Chorizo Braised Mussels</b> Bow Tie Pasta Asparagus & Red peppers  <b>Roast Sirloin with Gravy</b> Mashed Potatoes Asparagus & Red peppers  Carrots Bread Slick Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Lentil  <b>Chicken Florentine</b> Wild Rice Barley Pilaf Chef's Blend  <b>Roasted Stuffed Pork Loin with Gravy</b> Wild Rice Barley Pilaf Chef's Blend Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Crab Cakes</b> Baked Potato Brussel Sprouts  <b>Baked Macaroni &amp; Cheese</b> Baked Potato Brussel Sprouts  Carrots Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Tomato Basil  <b>Chicken Pot Pie</b> Peas & Carrots  <b>Beef Stroganoff</b> Peas & Carrots  Carrots Biscuit Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Turkey Bean  <b>Homemade Fish Cakes</b> French Fries Pickled Beets Salad  <b>Steak Bomb</b> French Fries Pickled Beets Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Egg Salad on a Croissant</b> Onion Rings Marinated Italian Vegetables  <b>Stuffed Shells</b> Onion Rings Marinated Italian Vegetables  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Potato Leek  <b>Baked Stuffed Shrimp</b> Zucchini  <b>Grill Ham &amp; Cheese</b> Zucchini  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken Noodle Soup  <b>Hot Pastrami Sandwich</b> Tater Tots Broccoli Salad  <b>Chicken Salad Sandwich</b> Tater Tots Broccoli Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Lentil  <b>Monte Cristo Sandwich</b> Sweet Potato Fries  <b>Patty Melt</b> Sweet Potato Fries  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder  <b>Fried Haddock on Brioche</b> French Fries Bean Medley  <b>Chicken Meatballs with Honey Mustard</b> French Fries Bean Medley Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Tomato Basil  <b>Hot Dog</b> Brown Bread Baked Beans Cole Slaw  <b>Tuna Salad Plate</b> Cole Slaw  Dessert of the Day Sugar Free Dessert

## Wentworth Senior Living Home Dining Selections Week of 4/18/20

SUNDAY 10/20	MONDAY 10/21	TUESDAY 10/21	WEDNESDAY 10/23	THURSDAY 10/24	FRIDAY 10/25	SATURDAY 10/26
<i>Breakfast</i> <b>Pancakes</b> Sausage Danish	<i>Breakfast</i> <b>Scrambled Eggs</b> Home Fried Potatoes Country Ham	<i>Breakfast</i> <b>French Toast w/ Fruit Topping</b> Bacon	<i>Breakfast</i> <b>Eggs Your Way</b> Sausage Patties	<i>Breakfast</i> <b>Belgian Waffle</b> Potato Pancakes	<i>Breakfast</i> <b>Eggs to Order</b> Bacon	<i>Breakfast</i> <b>Cheese Omelets</b> Sausage Link
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken & Rice  <b>Broccoli Stuffed Chicken with Gravy</b> Confetti Rice Cauliflower & Red Peppers <b>Haddock with Crumb Topping</b> Confetti Rice Cauliflower & Red Peppers  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Soup Du Jour  <b>Maple Glazed Pork</b> Almond Rice Pilaf Green Beans  <b>Cider Brined Roast Turkey with Gravy</b> Almond Rice Pilaf Green Beans Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Sausage, Pepper & Potato  <b>Stuffed Cabbage</b> Creamy Parmesan Risotto Garlic Spinach  <b>BBQ Chicken Thighs</b> Creamy Parmesan Risotto Garlic Spinach  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Barley  <b>Seafood Casserole</b> Roasted Sweet Potato Harvard Beets  <b>Four Cheese Lasagna</b> Harvard Beets  Garlic Bread Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken & Vegetable  <b>Pork Stir Fry</b> Steamed Jasmine Rice Dilled carrots  <b>Chicken Marsala</b> Steamed Jasmine Rice Dilled carrots  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Fresh Fish Of the Day</b> Parsley Mashed Potatoes Chef's Blend  <b>Beef &amp; Broccoli</b> Parsley Mashed Potatoes Chef's Blend  Roll Asparagus Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Beef Barley  <b>Lobster Ravioli in a Cream Sauce</b> Whipped Butternut Squash  <b>Turkey Tetrazzini</b> Whipped Butternut Squash  Garlic Bread Asparagus Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Chicken & Rice  <b>Italian Sub</b> Homemade Potato Chips Caprese Salad  <b>Tuna Salad Sandwich</b> Homemade Potato Chips  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Soup Du Jour  <b>Pulled Pork Sandwich</b> Sweet Potato Tots Apple Cole Slaw  <b>Manicotti</b> Garlic Bread  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Sausage, Pepper & Potato  <b>Beef Teriyaki Skewers</b> Brown Rice Vegetable Medley  <b>Chicken salad sandwich</b> Homemade Chips  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Barley  <b>Herb Seared Salmon Salad</b> Dinner Roll  <b>Swiss Burger with Mushrooms</b> French Fried Potatoes  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken & Vegetable  <b>French Dip Sandwich</b> Waffle Fries Roasted Cherry Tomatoes  <b>Bologna &amp; Cheese Sandwich</b> Roasted Cherry Tomatoes  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Seafood Chowder  <b>Baked Fish Sandwich</b> Smiley Fries Dilled Carrots  <b>Chicken Waldorf Salad</b> Dilled Carrots dinner Roll  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef Barley  <b>American Chop Suey</b>  <b>Grilled Tomato, Mozzarella, &amp; Basil Sandwich</b> Chips  Dessert of the Day Sugar Free Dessert



## Wentworth Senior Living Home Dining Selections Week of 4/25/20

SUNDAY 10/27	MONDAY 10/28	TUESDAY 10/29	WEDNESDAY 10/30	THURSDAY 10/31	FRIDAY 11/1	SATURDAY 11/2
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
<b>Scrambled Eggs</b> Bacon Danish	<b>French Toast</b> Sausage Patty	<b>Scrambled Eggs</b> Ham Steak	<b>Chef's Special Pancakes</b>	<b>Waffles</b> Bacon	<b>Eggs to Order</b> Sausage Patty	<b>Ham, Egg &amp; Cheese on Croissant</b> Sausage Link
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Butternut Squash	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Italian Wedding	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Corn Chowder	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Avgolemono	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Creamy Cheddar Beer	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Fish Chowder	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Chicken Noodle
<b>Turkey Dinner w/ Gravy</b> Stuffing Mashed Potatoes Butternut Squash	<b>Beef Burgundy</b> Buttered Noodles Lemon Broccoli	<b>Fresh Fish of the day</b> Almond Rice Pilaf Fresh Julienne Vegetables	<b>Roast Pork Loin with Gravy</b> O'Brien's Potatoes Carrots & Turnips	<b>Chicken Marsala</b> Garlic Pasta Broccoli & Red Peppers	<b>Baked Haddock</b> Herbed Rice Pilaf Green & wax Beans	<b>Baked Ziti with Meatballs</b> Beets
<b>Pot Roast with Gravy</b> Mashed Potatoes Butternut Squash	<b>Crab Stuffed filet of Sole</b> Buttered Noodles Lemon Broccoli	<b>Baked Ranch Chicken</b> Almond Rice Pilaf Fresh Julienne Vegetables	<b>Glazed Roast Beef</b> O'Brien's Potatoes Carrots & Turnips	<b>Grilled Turkey Tips with Gravy</b> Garlic Pasta Broccoli & Red Peppers	<b>Chicken Francis</b> Herbed Rice Pilaf Green & wax Beans	<b>Lemon Rosemary Turkey with Gravy</b> Buttered Orzo Beets
Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert	Roll Green Bean Dessert of the Day Sugar Free Dessert
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Butternut Squash	Italian Wedding	Corn Chowder	Avgolemono	Creamy Cheddar Beer	Fish Chowder	Chicken Noodle
<b>Wentworth Burger</b> French Fries	<b>Shrimp Cocktail Plate</b> Lettuce & tomato	<b>Shepard's Pie</b> Peas & Carrots	<b>Chicken Kabob</b> Rice Pilaf Roasted Broccoli	<b>American Chop Suey</b> Corn Cobbett's	<b>Italian Sub</b> Vegetable Medley	<b>Pork chop with Gravy</b> Velvet Sweet Potatoes Peppers & Onions
<b>Broccoli &amp; Cheese Bake</b> Roasted Tomatoes	<b>Hot pastrami Sandwich</b> Homemade Potato Chips	<b>Antipasto Salad Plate</b> Peas & Carrots	<b>Open face turkey Sandwich</b> Stuffing Roasted Broccoli	<b>Greek Salad with Chicken</b> Pita	<b>Spinach &amp; Feta Pie</b> Vegetable Medley	<b>Grilled Beef Tips</b> Velvet Sweet Potatoes Peppers & Onions
Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert	Baked Chicken or Fish *Always Available Menu Sugar Free Dessert