

## Wentworth Senior Living Home Dining Selections Week of 4/21/19

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Pancakes</b> Sausage Danish	<b>Scrambled Eggs</b> Home Fried Potatoes Country Ham	<b>French Toast w/ Fruit Topping</b> Bacon	<b>Eggs Your Way</b> Sausage Patties	<b>Belgian Waffle</b> Potato Pancakes	<b>Eggs to Order</b> Corned Beef Hash	<b>Cheese Omelets</b> Sausage Link
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Cheese and Crackers Shrimp Cocktail <b>Baked Ham with Pineapple Glaze</b> Red Bliss Mashed Potatoes Peas & Onions  <b>Roasted Sirloin w/ Gravy</b> Red Bliss Mashed Potatoes Peas & Onions  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Vegetable Rice  <b>BBQ Beef Brisket</b> Herbed Rice Pilaf Carrots  <b>Fried Whole Belly Clams</b> Herbed Rice Pilaf Carrots  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef Barley  <b>Pork Lo Mein</b> Lo Mein Noodles Asian Blend Vegetables  <b>General Tsao's Chicken</b> Lo Mein Noodles Asian Blend Vegetables  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tomato Rice  <b>Pappardelle Bolognese</b> Harvard Beets  <b>Broiled Sea Scallops</b> Mashed Potatoes Harvard Beets  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken & Vegetable  <b>Baked Ranch Chicken</b> Mashed Potatoes w/ Gravy Green Peas  <b>Salisbury Steak w/ Onion Gravy</b> Mashed Potatoes Green Peas  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Sausage &amp; Peppers</b> Bow Tie Pasta Broccoli  <b>Ritz Cracker Haddock</b> Herbed Rice Pilaf Broccoli  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Caesar Salad Fresh Fruit Salad Turkey Noodle  <b>Chicken Kabob</b> Tortellini Cauliflower & Red Peppers  <b>Lemon Rosemary Turkey</b> Tortellini Cauliflower & Red Peppers  Roll Asparagus Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Tomato  <b>Manicotti w/ Marinara Sauce</b> Garlic Bread  <b>Italian Sub</b> Homemade Potato Chips Cucumber & Tomato Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Vegetable Rice  <b>Curried Chicken Salad on a Croissant</b> Vegetable Medley  <b>Sloppy Joe</b> French Fried Potatoes Broccoli  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef Barley  <b>Grilled Tomato Basil &amp; Mozzarella Sandwich</b> Chef's Blend  <b>Pulled Pork Slider</b> Chef's Blend  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Tomato Rice  <b>Open Faced Turkey Sandwich</b> French Fried Potatoes Carrots  <b>Chicken Strips</b> French Fried Potatoes Carrots  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Chicken & Vegetable  <b>Hamburger/Cheeseburger</b> Sweet Potato Fries Broccoli  <b>Shrimp Cocktail Plate</b> Sweet Potato Fries Tomato & Mozzarella Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Seafood Chowder  <b>Calzones</b> Tossed Salad  <b>Grilled Fresh Tuna Plate</b> Tossed Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Noodle  <b>Franks &amp; Beans</b> Brown Bread Broccoli Slaw  <b>Chicken Caesar Salad Wrap</b> Potato Chips Broccoli Slaw  Dessert of the Day Sugar Free Dessert



## Wentworth Senior Living Home Dining Selections Week of 4/28/19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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	<b>French Toast</b> Sausage Patty	<b>Scrambled Eggs</b> Corned Beed Hash	<b>Chef's Special Pancakes</b> Hash Browns	<b>Pancakes w/ Syrup</b> Bacon	<b>Eggs to Order</b> Sausage Patty	<b>Ham, Egg &amp; Cheese on Croissant</b> Sausage Link
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Fresh Garden Salad Fresh Fruit Salad Beef Noodle Soup	Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup	Fresh Garden Salad Fresh Fruit Salad Clam Chowder	Fresh Garden Salad Fresh Fruit Salad Chilled Watercress Soup	Fresh Garden Salad Fresh Fruit Salad Sausage Pepper & Potato Soup	Fresh Garden Salad Fresh Fruit Salad Fish Chowder	Fresh Caesar Salad Fresh Fruit Salad Tomato Florentine Soup
<b>Herb Roasted Pork Loin</b> Mashed Potatoes Roasted Vegetables	<b>Stuffed Sole</b> Rice & Beans Fresh Julienne Vegetables	<b>Sweet &amp; Sour Chicken</b> Jasmine Rice Asian Blend Vegetables	<b>Spaghetti &amp; Meatballs</b> Roasted Brussel Sprouts	<b>Vegetable Quesadilla</b> Spanish Rice & Beans Salsa Fresca	<b>Fried Haddock</b> Sweet Potatoes Cole Slaw	<b>Pot Roast w/ Gravy</b> Scalloped Potatoes Grilled Zucchini
<b>Chicken Florentine</b> Mashed Potatoes Roasted Vegetables	<b>BBQ Beef Brisket</b> Rice & Beans Fresh Julienne Vegetables	<b>Bacon Wrapped Petite Filet</b> Roasted Potato Wedge Asparagus w/ Red Pepper	<b>Wentworth Seafood Plate</b> Potato Salad Cole Slaw	<b>BBQ Chicken Wings</b> Macaroni Salad Corn Cobettes	<b>Grilled Turkey Tips</b> Sweet Potatoes Haricot Verts	<b>Pork Tenderloin</b> Scalloped Potatoes Grilled Zucchini
Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach 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>
Beef Noodle Soup	Chicken Noodle Soup	Clam Chowder	Chilled Watercress Soup	Sausage Pepper & Potato Soup	Fish Chowder	Tomato Florentine Soup
<b>Cheese Tortellini w/ Pesto Sauce</b> Iceberg Wedge	<b>Pork Chop w/ Gravy</b> Steamed Brown Rice Sautéed Fresh Greens	<b>Stuffed Peppers</b> Carrot Raisin & Pineapple Salad Zucchini & Yellow Squash	<b>Patty Melt</b> Homemade Potato Chips Cole Slaw	<b>Coconut Shrimp</b> Potato Du Jour Italian Green Beans	<b>Baked Ziti w/ Meat Sauce</b> Broccoli	<b>Franks &amp; Beans</b> Brown Bread Cole Slaw
<b>Fried Chicken Quarters</b> German Potato Salad Roasted Cherry Tomatoes	<b>Turkey Melt</b> Potato Chips Sautéed Fresh Greens	<b>Monte Cristo Sandwich</b> Carrot Raisin & Pineapple Salad Zucchini & Yellow Squash	<b>Caesar Salad w/ Chicken</b> Roll	<b>Chicken Meatballs w/ Honey Mustard Glaze</b> Potato Du Jour Italian Green Beans	<b>Italian Sausage Grinder</b> Pasta Salad Broccoli	<b>Italian Deli Sandwich</b> Carrot & Raisin Salad
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 5/5/2019

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Fried Eggs</b> Bacon Danish	<b>Scrambled Eggs</b> Bacon	<b>Cheese Omelet</b> Home Fried Potatoes Sausage	<b>Pancakes</b> Bacon	<b>Scrambled Eggs</b> Canadian Bacon	<b>Waffle</b> Bacon Assorted Donuts	<b>Spanish Scrambled Eggs</b> Corned Beef Hash
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Black Bean Soup Happy Cinco de Mayo <b>Honey Baked Ham</b> Au Gratin Potatoes Roasted Beets  <b>Tequila Lime Chicken</b> Au Gratin Potatoes Roasted Beets  Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Split Pea & Ham Soup  <b>Fresh Fish of the Day</b> Garden Brown Rice Buttered Cauliflower  <b>London Broil w/ Gravy</b> Garden Brown Rice Buttered Cauliflower  Roll Carrots Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Beef & Rice  <b>Shake N' Bake Chicken Thighs</b> Creamy Mashed Potatoes Broccoli & Red Peppers  <b>Braised Lamb Shanks</b> Creamy Mashed Potatoes Broccoli & Red Peppers  Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Gazpacho  <b>Grilled Lemon Dill Salmon</b> Herbed Rice Creamed Spinach  <b>Roasted Pork Ribs w/ BBQ Sauce</b> Herbed Rice Creamed Spinach  Corn Bread Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup  <b>Pot Roast w/ Gravy</b> Baked Potato Garlic & Tomato Kale  <b>Chicken Alfredo</b> Fettuccini Garlic & Tomato Kale  Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Chicken Taco</b> Spanish Rice & Beans Zucchini & Yellow Squash  <b>Grilled Swordfish</b> Spanish Rice & Beans Zucchini & Yellow Squash  Roll Carrots Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Bean Soup  <b>Meat &amp; Cheese Lasagna</b> Macaroni Salad Carrots  <b>Grilled Turkey Tips w/ Gravy</b> Macaroni Salad Carrots  Garlic Bread Carrots Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Black Bean Soup  <b>Meatball Sub</b> Spanish Rice  <b>Chicken Quesadilla</b> Spanish Rice  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Split Pea & Ham Soup  <b>Stuffed Shells</b> Garlic Bread Broccoli Slaw  <b>Grilled Ham &amp; Cheese</b> Broccoli Slaw  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef & Rice  <b>Shrimp Cocktail Plate</b> Homemade Potato Chips Pickled Beet Salad  <b>Greek Chicken Wrap</b> Homemade Potato Chips Pickled Beet Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Gazpacho  <b>Tuna &amp; Egg Salad Plate</b> Roll Pineapple Cottage Cheese  <b>Monte Cristo Sandwich</b> Pineapple Cottage Cheese  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken Noodle Soup  <b>Pork Chop w/ Gravy</b> Waffle Fries Green Beans  <b>Turkey Burger</b> Waffle Fries Green Beans  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder  <b>Fish &amp; Chips</b> Onion Rings Broccoli Bacon Salad  <b>Roast Beef Melt</b> Onion Rings Broccoli Bacon Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Bean Soup  <b>Hot Dogs &amp; Beans</b> Brown Bread Coleslaw  <b>Chicken A La King</b> Tossed Salad  Dessert of the Day Sugar Free Dessert



**Wentworth Senior Living Dining Selections week of 5/12/2019**

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Fried Eggs</b> Sausage Danish	<b>French Toast w/ Fruit Topping</b> Sausage Patties	<b>Scrambled Eggs</b> Corned Beef Hash Cinnamon Donuts	<b>Strata</b> Canadian Bacon	<b>Apple Spiced Pancakes</b> Hash Brown Potatoes	<b>Ham Omelet</b> Bacon Homefries	<b>Scrambled Eggs</b> Sausage Pattie Scone
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tomato Basil Soup <b>Happy Mother's Day</b> <b>Beef Tenderloin w/ Gravy</b> Roasted Fingerling Potatoes Broccoli & Red Peppers <b>Stuffed Sole</b> Roasted Fingerling Potatoes Broccoli & Red Peppers  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Turkey Vegetable Soup  <b>Crab Cakes</b> Confetti Rice Carrots  <b>Chinese Pepper Steak</b> Confetti Rice Carrots  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef & Rice Soup  <b>Italian Sausage Sub w/ Onions &amp; Peppers</b> Homemade Potato Chips Cole Slaw <b>Foot Long Hot Dogs</b> Homemade Potato Chips Cole Slaw  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Broccoli & Cheese Soup  <b>Pan Seared Duck Breast</b> Jasmine Rice Asian Blend Vegetables  <b>Sweet &amp; Sour Pork</b> Jasmine Rice Asian Blend Vegetables  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Mushroom Barley Soup  <b>Kielbasa w/ Apples &amp; Onions</b> Baked Sweet Potatoes Sliced Beets  <b>Shrimp Scampi</b> Linguine Pasta Sliced Beets  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Seafood Newburg</b> Mashed Potatoes Vegetable Medley  <b>Chicken Florentine</b> Mashed Potatoes Vegetable Medley  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken & Rice Soup  <b>Haddock w/ Crumb Topping</b> Herbed Rice Pilaf Corn  <b>Lemon Rosemary Turkey</b> Herbed Rice Pilaf Corn  Broccoli Roll Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Tomato Basil Soup  <b>Macaroni &amp; Cheese</b> Stewed Tomatoes  <b>Sloppy Joes</b> Jo Jo Fries Peas & Onions  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Vegetable Soup  <b>Cranberry Chicken Salad Plate</b> Roll  <b>Fish Nuggets</b> French Fried Potatoes Broccoli  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef & Rice Soup  <b>Fried Chicken</b> Mashed Potatoes w/ Gravy Green & Waxed Beans <b>Tuna &amp; Egg Salad Plate</b> Green & Waxed Beans  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Broccoli & Cheese Soup  <b>Beef Teriyaki Skewers</b> Lo Mein Noodles Bok Choy & Napa Cabbage <b>Chef's Salad</b> Roll  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Mushroom Barley Soup  <b>Cheese Ravioli</b> Garlic Bread Caesar Salad <b>Chicken Meatball w/ Honey Mustard Glaze</b> Potato Du Jour Peas Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Clam Chowder  <b>Chicken Bacon Ranch Sandwich</b> Homemade Potato Chips Cucumber Dill Salad <b>Tuna Melt</b> Homemade Potato Chips Cucumber Dill Salad  Baked Chicken or Fish *Always Available Menu Dessert of the day Sugar Free Dessert	<b>Dinner</b> Chicken & Rice Soup  <b>Franks &amp; Beans</b> Brown Bread Cole Slaw <b>Chicken A La King w/ Biscuit</b> Tossed Salad  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Dining Selections Week of 5/19/2019

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>French Toast</b> Sausage Danish	<b>Quiche du Jour</b> Home Fried Potatoes	<b>Scrambled Eggs</b> Biscuits w/ Sausage & Gravy	<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 Broccoli & Cheese Soup  <b>Turkey Dinner w/ Gravy</b> Mashed Potatoes Butternut Squash  <b>Ham Steak w/ Rasin Sauce</b> Mashed Potatoes Butternut Squash  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Tomato Florentine Soup  <b>Corned Beef</b> Boiled Potatoes Cabbage Carrots  <b>Chicken Cordon Bleu</b> Boiled Potatoes Cabbage Carrots Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Barley Soup  <b>Pork Tenderloin</b> Parmesan Risotto Kales  <b>Fresh Fish of the Day</b> Parmesan Risotto Kales  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Beef Soup  <b>Meatloaf w/ Gravy</b> Mashed Potatoes w/ Gravy Zucchini & Yellow Squash  <b>Shrimp &amp; Scallop a la Vodka</b> Linguine Pasta Zucchini & Yellow Squash  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Italian Wedding Soup  <b>Turkey a la King</b> Jasmine Rice Corn & Red Pepper Salad  <b>Chicken Alfredo</b> Linguine Pasta Corn & Red Pepper Salad  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Stuffed Peppers</b> Oven Roasted Potatoes Fresh Julienne Vegetables  <b>Lobster Ravioli</b> Fresh Julienne Vegetables  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Noodle Soup  <b>Cocnut Shrimp</b> Almond Rice Pilaf Sauteed Baby Spinach  <b>Grilled Ginger Soy Beef Tips</b> Almond Rice Pilaf Sauteed Baby Spinach  Green Beans Roll Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Broccoli & Cheese Soup  <b>Seafood Salad Roll</b> Sweet Potato Tots Spinach  <b>Chicken Kabob</b> Sweet Potato Tots Spinach  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Tomato Florentine Soup  <b>Beef &amp; Broccoli</b> Jasmine Rice Oriental Vegetables  <b>Egg Salad on a Croissant</b> Pasta Salad Pickled Beef Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Barley Soup  <b>Open Faced Turkey Sandwich</b> Mashed Potatoes w/ Gravy Peas & Carrots  <b>Herb Seared Salmon Salad</b> Roll  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Beef Soup  <b>Lobster Sliders</b> French Fried Potatoes Apple Cole Slaw  <b>BBQ Chicken</b> French Fried Potatoes Apple Cole Slaw  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Italian Wedding Soup  <b>Ham Salad Sandwich</b> Italian Green Beans  <b>American Chop Suey</b> Italian Green Beans  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Seafood Chowder  <b>Pizza-Cheese-Veggie or Pepperoni</b> Tossed Salad  <b>Tuna Melt</b> Tossed Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Noodle Soup  <b>Hot Dog</b> Brown Bread Baked Beans  <b>Grilled Turkey &amp; Swiss</b> Cole Slaw  Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Home Dining Selections Week of 5/26/19

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Pancakes</b> Sausage Danish	<b>Scrambled Eggs</b> Home Fried Potatoes Country Ham	<b>French Toast w/ Fruit Topping</b> Bacon	<b>Eggs Your Way</b> Sausage Patties	<b>Belgian Waffle</b> Potato Pancakes	<b>Eggs to Order</b> Corned Beef Hash	<b>Cheese Omelets</b> Sausage Link
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Cheese and Crackers Shrimp Cocktail <b>Baked Ham with Pineapple Glaze</b> Red Bliss Mashed Potatoes Peas & Onions  <b>Roasted Sirloin w/ Gravy</b> Red Bliss Mashed Potatoes Peas & Onions  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Vegetable Rice  <b>BBQ Beef Brisket</b> Herbed Rice Pilaf Carrots  <b>Fried Whole Belly Clams</b> Herbed Rice Pilaf Carrots  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef Barley  <b>Pork Lo Mein</b> Lo Mein Noodles Asian Blend Vegetables  <b>General Tsao's Chicken</b> Lo Mein Noodles Asian Blend Vegetables  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tomato Rice  <b>Pappardelle Bolognese</b> Harvard Beets  <b>Broiled Sea Scallops</b> Mashed Potatoes Harvard Beets  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken & Vegetable  <b>Baked Ranch Chicken</b> Mashed Potatoes w/ Gravy Green Peas  <b>Salisbury Steak w/ Onion Gravy</b> Mashed Potatoes Green Peas  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Sausage &amp; Peppers</b> Bow Tie Pasta Broccoli  <b>Ritz Cracker Haddock</b> Herbed Rice Pilaf Broccoli  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Caesar Salad Fresh Fruit Salad Turkey Noodle  <b>Chicken Kabob</b> Tortellini Cauliflower & Red Peppers  <b>Lemon Rosemary Turkey</b> Tortellini Cauliflower & Red Peppers  Roll Asparagus Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Tomato  <b>Manicotti w/ Marinara Sauce</b> Garlic Bread  <b>Italian Sub</b> Homemade Potato Chips Cucumber & Tomato Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Vegetable Rice  <b>Curried Chicken Salad on a Croissant</b> Vegetable Medley  <b>Sloppy Joe</b> French Fried Potatoes Broccoli  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef Barley  <b>Grilled Tomato Basil &amp; Mozzarella Sandwich</b> Chef's Blend  <b>Pulled Pork Slider</b> Chef's Blend  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Tomato Rice  <b>Open Faced Turkey Sandwich</b> French Fried Potatoes Carrots  <b>Chicken Strips</b> French Fried Potatoes Carrots  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Chicken & Vegetable  <b>Hamburger/Cheeseburger</b> Sweet Potato Fries Broccoli  <b>Shrimp Cocktail Plate</b> Sweet Potato Fries Tomato & Mozzarella Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Seafood Chowder  <b>Calzones</b> Tossed Salad  <b>Grilled Fresh Tuna Plate</b> Tossed Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Noodle  <b>Franks &amp; Beans</b> Brown Bread Broccoli Slaw  <b>Chicken Caesar Salad Wrap</b> Potato Chips Broccoli Slaw  Dessert of the Day Sugar Free Dessert



## Wentworth Senior Living Home Dining Selections Week of 6/2/19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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	<b>French Toast</b> Sausage Patty	<b>Scrambled Eggs</b> Corned Beed Hash	<b>Chef's Special Pancakes</b> Hash Browns	<b>Pancakes w/ Syrup</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 Beef Noodle Soup	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chilled Watercress Soup	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Sausage Pepper & Potato Soup	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Fish Chowder	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Tomato Florentine Soup
<b>Herb Roasted Pork Loin</b> Mashed Potatoes Roasted Vegetables	<b>Stuffed Sole</b> Rice & Beans Fresh Julienne Vegetables	<b>Sweet &amp; Sour Chicken</b> Jasmine Rice Asian Blend Vegetables	<b>Spaghetti &amp; Meatballs</b> Roasted Brussel Sprouts	<b>Vegetable Quesadilla</b> Spanish Rice & Beans Salsa Fresca	<b>Fried Haddock</b> Sweet Potatoes Cole Slaw	<b>Pot Roast w/ Gravy</b> Scalloped Potatoes Grilled Zucchini
<b>Chicken Florentine</b> Mashed Potatoes Roasted Vegetables	<b>BBQ Beef Brisket</b> Rice & Beans Fresh Julienne Vegetables	<b>Bacon Wrapped Petite Filet</b> Roasted Potato Wedge Asparagus w/ Red Pepper	<b>Wentworth Seafood Plate</b> Potato Salad Cole Slaw	<b>BBQ Chicken Wings</b> Macaroni Salad Corn Cobettes	<b>Grilled Turkey Tips</b> Sweet Potatoes Haricot Verts	<b>Pork Tenderloin</b> Scalloped Potatoes Grilled Zucchini
Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach 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>
Beef Noodle Soup	Chicken Noodle Soup	Clam Chowder	Chilled Watercress Soup	Sausage Pepper & Potato Soup	Fish Chowder	Tomato Florentine Soup
<b>Cheese Tortellini w/ Pesto Sauce</b> Iceberg Wedge	<b>Pork Chop w/ Gravy</b> Steamed Brown Rice Sautéed Fresh Greens	<b>Stuffed Peppers</b> Carrot Raisin & Pineapple Salad Zucchini & Yellow Squash	<b>Patty Melt</b> Homemade Potato Chips Cole Slaw	<b>Coconut Shrimp</b> Potato Du Jour Italian Green Beans	<b>Baked Ziti w/ Meat Sauce</b> Broccoli	<b>Franks &amp; Beans</b> Brown Bread Cole Slaw
<b>Fried Chicken Quarters</b> German Potato Salad Roasted Cherry Tomatoes	<b>Turkey Melt</b> Potato Chips Sautéed Fresh Greens	<b>Monte Cristo Sandwich</b> Carrot Raisin & Pineapple Salad Zucchini & Yellow Squash	<b>Caesar Salad w/ Chicken</b> Roll	<b>Chicken Meatballs w/ Honey Mustard Glaze</b> Potato Du Jour Italian Green Beans	<b>Italian Sausage Grinder</b> Pasta Salad Broccoli	<b>Italian Deli Sandwich</b> Carrot & Raisin Salad
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 6/9/2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b> <b>Fried Eggs</b> Bacon Danish	<b>Breakfast</b> <b>Scrambled Eggs</b> Bacon	<b>Breakfast</b> <b>Cheese Omelet</b> Home Fried Potatoes Sausage	<b>Breakfast</b> <b>Pancakes</b> Bacon	<b>Breakfast</b> <b>Scrambled Eggs</b> Canadian Bacon	<b>Breakfast</b> <b>Waffle</b> Bacon Assorted Donuts	<b>Breakfast</b> <b>Spanish Scrambled Eggs</b> Corned Beef Hash
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Black Bean Soup Happy Cinco de Mayo <b>Honey Baked Ham</b> Au Gratin Potatoes Roasted Beets <b>Tequila Lime Chicken</b> Au Gratin Potatoes Roasted Beets Roll Carrots Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Split Pea & Ham Soup <b>Fresh Fish of the Day</b> Garden Brown Rice Buttered Cauliflower <b>London Broil w/ Gravy</b> Garden Brown Rice Buttered Cauliflower Roll Carrots Dessert of the day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef & Rice <b>Shake N' Bake Chicken Thighs</b> Creamy Mashed Potatoes Broccoli & Red Peppers <b>Braised Lamb Shanks</b> Creamy Mashed Potatoes Broccoli & Red Peppers Roll Carrots Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Gazpacho <b>Grilled Lemon Dill Salmon</b> Herbed Rice Creamed Spinach <b>Roasted Pork Ribs w/ BBQ Sauce</b> Herbed Rice Creamed Spinach Corn Bread Carrots Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup <b>Pot Roast w/ Gravy</b> Baked Potato Garlic & Tomato Kale <b>Chicken Alfredo</b> Fettuccini Garlic & Tomato Kale Roll Carrots Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Clam Chowder <b>Chicken Taco</b> Spanish Rice & Beans Zucchini & Yellow Squash <b>Grilled Swordfish</b> Spanish Rice & Beans Zucchini & Yellow Squash Roll Carrots Dessert of the day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Turkey Bean Soup <b>Meat &amp; Cheese Lasagna</b> Macaroni Salad Carrots <b>Grilled Turkey Tips w/ Gravy</b> Macaroni Salad Carrots Garlic Bread Carrots Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Black Bean Soup <b>Meatball Sub</b> Spanish Rice <b>Chicken Quesadilla</b> Spanish Rice Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Split Pea & Ham Soup <b>Stuffed Shells</b> Garlic Bread Broccoli Slaw <b>Grilled Ham &amp; Cheese</b> Broccoli Slaw Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef & Rice <b>Shrimp Cocktail Plate</b> Homemade Potato Chips Pickled Beet Salad <b>Greek Chicken Wrap</b> Homemade Potato Chips Pickled Beet Salad Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Gazpacho <b>Tuna &amp; Egg Salad Plate</b> Roll Pineapple Cottage Cheese <b>Monte Cristo Sandwich</b> Pineapple Cottage Cheese Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Chicken Noodle Soup <b>Pork Chop w/ Gravy</b> Waffle Fries Green Beans <b>Turkey Burger</b> Waffle Fries Green Beans Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Clam Chowder <b>Fish &amp; Chips</b> Onion Rings Broccoli Bacon Salad <b>Roast Beef Melt</b> Onion Rings Broccoli Bacon Salad Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Bean Soup <b>Hot Dogs &amp; Beans</b> Brown Bread Coleslaw <b>Chicken A La King</b> Tossed Salad Dessert of the Day Sugar Free Dessert





**Wentworth Senior Living Dining Selections week of 6/16/2019**

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Fried Eggs</b> Sausage Danish	<b>French Toast w/ Fruit Topping</b> Sausage Patties	<b>Scrambled Eggs</b> Corned Beef Hash Cinnamon Donuts	<b>Strata</b> Canadian Bacon	<b>Apple Spiced Pancakes</b> Hash Brown Potatoes	<b>Ham Omelet</b> Bacon Homefries	<b>Scrambled Eggs</b> Sausage Pattie Scone
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tomato Basil Soup <b>Happy Mother's Day</b> <b>Beef Tenderloin w/ Gravy</b> Roasted Fingerling Potatoes Broccoli & Red Peppers <b>Stuffed Sole</b> Roasted Fingerling Potatoes Broccoli & Red Peppers  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Turkey Vegetable Soup  <b>Crab Cakes</b> Confetti Rice Carrots  <b>Chinese Pepper Steak</b> Confetti Rice Carrots  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef & Rice Soup  <b>Italian Sausage Sub w/ Onions &amp; Peppers</b> Homemade Potato Chips Cole Slaw  <b>Foot Long Hot Dogs</b> Homemade Potato Chips Cole Slaw  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Broccoli & Cheese Soup  <b>Pan Seared Duck Breast</b> Jasmine Rice Asian Blend Vegetables  <b>Sweet &amp; Sour Pork</b> Jasmine Rice Asian Blend Vegetables  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Mushroom Barley Soup  <b>Kielbasa w/ Apples &amp; Onions</b> Baked Sweet Potatoes Sliced Beets  <b>Shrimp Scampi</b> Linguine Pasta Sliced Beets  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Seafood Newburg</b> Mashed Potatoes Vegetable Medley  <b>Chicken Florentine</b> Mashed Potatoes Vegetable Medley  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken & Rice Soup  <b>Haddock w/ Crumb Topping</b> Herbed Rice Pilaf Corn  <b>Lemon Rosemary Turkey</b> Herbed Rice Pilaf Corn  Broccoli Roll Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Tomato Basil Soup  <b>Macaroni &amp; Cheese</b> Stewed Tomatoes  <b>Sloppy Joes</b> Jo Jo Fries Peas & Onions  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Vegetable Soup  <b>Cranberry Chicken Salad Plate</b> Roll  <b>Fish Nuggets</b> French Fried Potatoes Broccoli  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef & Rice Soup  <b>Fried Chicken</b> Mashed Potatoes w/ Gravy Green & Waxed Beans <b>Tuna &amp; Egg Salad Plate</b> Green & Waxed Beans  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Broccoli & Cheese Soup  <b>Beef Teriyaki Skewers</b> Lo Mein Noodles Bok Choy & Napa Cabbage <b>Chef's Salad</b> Roll  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Mushroom Barley Soup  <b>Cheese Ravioli</b> Garlic Bread Caesar Salad <b>Chicken Meatball w/ Honey Mustard Glaze</b> Potato Du Jour Peas Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Clam Chowder  <b>Chicken Bacon Ranch Sandwich</b> Homemade Potato Chips Cucumber Dill Salad <b>Tuna Melt</b> Homemade Potato Chips Cucumber Dill Salad  Baked Chicken or Fish *Always Available Menu Dessert of the day Sugar Free Dessert	<b>Dinner</b> Chicken & Rice Soup  <b>Franks &amp; Beans</b> Brown Bread Cole Slaw <b>Chicken A La King w/ Biscuit</b> Tossed Salad  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Dining Selections Week of 6/23/2019

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>French Toast</b> Sausage Danish	<b>Quiche du Jour</b> Home Fried Potatoes	<b>Scrambled Eggs</b> Biscuits w/ Sausage & Gravy	<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 Broccoli & Cheese Soup  <b>Turkey Dinner w/ Gravy</b> Mashed Potatoes Butternut Squash  <b>Ham Steak w/ Rasin Sauce</b> Mashed Potatoes Butternut Squash  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Tomato Florentine Soup  <b>Corned Beef</b> Boiled Potatoes Cabbage Carrots  <b>Chicken Cordon Bleu</b> Boiled Potatoes Cabbage Carrots Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Barley Soup  <b>Pork Tenderloin</b> Parmesan Risotto Kales  <b>Fresh Fish of the Day</b> Parmesan Risotto Kales  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Beef Soup  <b>Meatloaf w/ Gravy</b> Mashed Potatoes w/ Gravy Zucchini & Yellow Squash  <b>Shrimp &amp; Scallop a la Vodka</b> Linguine Pasta Zucchini & Yellow Squash  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Italian Wedding Soup  <b>Turkey a la King</b> Jasmine Rice Corn & Red Pepper Salad  <b>Chicken Alfredo</b> Linguine Pasta Corn & Red Pepper Salad  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Stuffed Peppers</b> Oven Roasted Potatoes Fresh Julienne Vegetables  <b>Lobster Ravioli</b> Fresh Julienne Vegetables  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Noodle Soup  <b>Cocnut Shrimp</b> Almond Rice Pilaf Sauteed Baby Spinach  <b>Grilled Ginger Soy Beef Tips</b> Almond Rice Pilaf Sauteed Baby Spinach  Green Beans Roll Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Broccoli & Cheese Soup  <b>Seafood Salad Roll</b> Sweet Potato Tots Spinach  <b>Chicken Kabob</b> Sweet Potato Tots Spinach  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Tomato Florentine Soup  <b>Beef &amp; Broccoli</b> Jasmine Rice Oriental Vegetables  <b>Egg Salad on a Croissant</b> Pasta Salad Pickled Beef Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Barley Soup  <b>Open Faced Turkey Sandwich</b> Mashed Potatoes w/ Gravy Peas & Carrots  <b>Herb Seared Salmon Salad</b> Roll  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Beef Soup  <b>Lobster Sliders</b> French Fried Potatoes Apple Cole Slaw  <b>BBQ Chicken</b> French Fried Potatoes Apple Cole Slaw  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Italian Wedding Soup  <b>Ham Salad Sandwich</b> Italian Green Beans  <b>American Chop Suey</b> Italian Green Beans  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Seafood Chowder  <b>Pizza-Cheese-Veggie or Pepperoni</b> Tossed Salad  <b>Tuna Melt</b> Tossed Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Noodle Soup  <b>Hot Dog</b> Brown Bread Baked Beans  <b>Grilled Turkey &amp; Swiss</b> Cole Slaw  Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Home Dining Selections Week of 6/30/19

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Pancakes</b> Sausage Danish	<b>Scrambled Eggs</b> Home Fried Potatoes Country Ham	<b>French Toast w/ Fruit Topping</b> Bacon	<b>Eggs Your Way</b> Sausage Patties	<b>Belgian Waffle</b> Potato Pancakes	<b>Eggs to Order</b> Corned Beef Hash	<b>Cheese Omelets</b> Sausage Link
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Cheese and Crackers Shrimp Cocktail <b>Baked Ham with Pineapple Glaze</b> Red Bliss Mashed Potatoes Peas & Onions  <b>Roasted Sirloin w/ Gravy</b> Red Bliss Mashed Potatoes Peas & Onions  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Vegetable Rice  <b>BBQ Beef Brisket</b> Herbed Rice Pilaf Carrots  <b>Fried Whole Belly Clams</b> Herbed Rice Pilaf Carrots  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef Barley  <b>Pork Lo Mein</b> Lo Mein Noodles Asian Blend Vegetables  <b>General Tsao's Chicken</b> Lo Mein Noodles Asian Blend Vegetables  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tomato Rice  <b>Pappardelle Bolognese</b> Harvard Beets  <b>Broiled Sea Scallops</b> Mashed Potatoes Harvard Beets  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken & Vegetable  <b>Baked Ranch Chicken</b> Mashed Potatoes w/ Gravy Green Peas  <b>Salisbury Steak w/ Onion Gravy</b> Mashed Potatoes Green Peas  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Sausage &amp; Peppers</b> Bow Tie Pasta Broccoli  <b>Ritz Cracker Haddock</b> Herbed Rice Pilaf Broccoli  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Caesar Salad Fresh Fruit Salad Turkey Noodle  <b>Chicken Kabob</b> Tortellini Cauliflower & Red Peppers  <b>Lemon Rosemary Turkey</b> Tortellini Cauliflower & Red Peppers  Roll Asparagus Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Tomato  <b>Manicotti w/ Marinara Sauce</b> Garlic Bread  <b>Italian Sub</b> Homemade Potato Chips Cucumber & Tomato Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Vegetable Rice  <b>Curried Chicken Salad on a Croissant</b> Vegetable Medley  <b>Sloppy Joe</b> French Fried Potatoes Broccoli  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef Barley  <b>Grilled Tomato Basil &amp; Mozzarella Sandwich</b> Chef's Blend  <b>Pulled Pork Slider</b> Chef's Blend  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Tomato Rice  <b>Open Faced Turkey Sandwich</b> French Fried Potatoes Carrots  <b>Chicken Strips</b> French Fried Potatoes Carrots  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Chicken & Vegetable  <b>Hamburger/Cheeseburger</b> Sweet Potato Fries Broccoli  <b>Shrimp Cocktail Plate</b> Sweet Potato Fries Tomato & Mozzarella Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Seafood Chowder  <b>Calzones</b> Tossed Salad  <b>Grilled Fresh Tuna Plate</b> Tossed Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Noodle  <b>Franks &amp; Beans</b> Brown Bread Broccoli Slaw  <b>Chicken Caesar Salad Wrap</b> Potato Chips Broccoli Slaw  Dessert of the Day Sugar Free Dessert



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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	<b>French Toast</b> Sausage Patty	<b>Scrambled Eggs</b> Corned Beed Hash	<b>Chef's Special Pancakes</b> Hash Browns	<b>Pancakes w/ Syrup</b> Bacon	<b>Eggs to Order</b> Sausage Patty	<b>Ham, Egg &amp; Cheese on Croissant</b> Sausage Link
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Fresh Garden Salad Fresh Fruit Salad Beef Noodle Soup	Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup	Fresh Garden Salad Fresh Fruit Salad Clam Chowder	Fresh Garden Salad Fresh Fruit Salad Chilled Watercress Soup	Fresh Garden Salad Fresh Fruit Salad Sausage Pepper & Potato Soup	Fresh Garden Salad Fresh Fruit Salad Fish Chowder	Fresh Caesar Salad Fresh Fruit Salad Tomato Florentine Soup
<b>Herb Roasted Pork Loin</b> Mashed Potatoes Roasted Vegetables	<b>Stuffed Sole</b> Rice & Beans Fresh Julienne Vegetables	<b>Sweet &amp; Sour Chicken</b> Jasmine Rice Asian Blend Vegetables	<b>Spaghetti &amp; Meatballs</b> Roasted Brussel Sprouts	<b>Vegetable Quesadilla</b> Spanish Rice & Beans Salsa Fresca	<b>Fried Haddock</b> Sweet Potatoes Cole Slaw	<b>Pot Roast w/ Gravy</b> Scalloped Potatoes Grilled Zucchini
<b>Chicken Florentine</b> Mashed Potatoes Roasted Vegetables	<b>BBQ Beef Brisket</b> Rice & Beans Fresh Julienne Vegetables	<b>Bacon Wrapped Petite Filet</b> Roasted Potato Wedge Asparagus w/ Red Pepper	<b>Wentworth Seafood Plate</b> Potato Salad Cole Slaw	<b>BBQ Chicken Wings</b> Macaroni Salad Corn Cobettes	<b>Grilled Turkey Tips</b> Sweet Potatoes Haricot Verts	<b>Pork Tenderloin</b> Scalloped Potatoes Grilled Zucchini
Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach 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>
Beef Noodle Soup	Chicken Noodle Soup	Clam Chowder	Chilled Watercress Soup	Sausage Pepper & Potato Soup	Fish Chowder	Tomato Florentine Soup
<b>Cheese Tortellini w/ Pesto Sauce</b> Iceberg Wedge	<b>Pork Chop w/ Gravy</b> Steamed Brown Rice Sautéed Fresh Greens	<b>Stuffed Peppers</b> Carrot Raisin & Pineapple Salad Zucchini & Yellow Squash	<b>Patty Melt</b> Homemade Potato Chips Cole Slaw	<b>Coconut Shrimp</b> Potato Du Jour Italian Green Beans	<b>Baked Ziti w/ Meat Sauce</b> Broccoli	<b>Franks &amp; Beans</b> Brown Bread Cole Slaw
<b>Fried Chicken Quarters</b> German Potato Salad Roasted Cherry Tomatoes	<b>Turkey Melt</b> Potato Chips Sautéed Fresh Greens	<b>Monte Cristo Sandwich</b> Carrot Raisin & Pineapple Salad Zucchini & Yellow Squash	<b>Caesar Salad w/ Chicken</b> Roll	<b>Chicken Meatballs w/ Honey Mustard Glaze</b> Potato Du Jour Italian Green Beans	<b>Italian Sausage Grinder</b> Pasta Salad Broccoli	<b>Italian Deli Sandwich</b> Carrot & Raisin Salad
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 7/14/2019

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Fried Eggs</b> Bacon Danish	<b>Scrambled Eggs</b> Bacon	<b>Cheese Omelet</b> Home Fried Potatoes Sausage	<b>Pancakes</b> Bacon	<b>Scrambled Eggs</b> Canadian Bacon	<b>Waffle</b> Bacon Assorted Donuts	<b>Spanish Scrambled Eggs</b> Corned Beef Hash
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Black Bean Soup Happy Cinco de Mayo <b>Honey Baked Ham</b> Au Gratin Potatoes Roasted Beets <b>Tequila Lime Chicken</b> Au Gratin Potatoes Roasted Beets Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Split Pea & Ham Soup <b>Fresh Fish of the Day</b> Garden Brown Rice Buttered Cauliflower <b>London Broil w/ Gravy</b> Garden Brown Rice Buttered Cauliflower Roll Carrots Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Beef & Rice <b>Shake N' Bake Chicken Thighs</b> Creamy Mashed Potatoes Broccoli & Red Peppers <b>Braised Lamb Shanks</b> Creamy Mashed Potatoes Broccoli & Red Peppers Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Gazpacho <b>Grilled Lemon Dill Salmon</b> Herbed Rice Creamed Spinach <b>Roasted Pork Ribs w/ BBQ Sauce</b> Herbed Rice Creamed Spinach Corn Bread Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup <b>Pot Roast w/ Gravy</b> Baked Potato Garlic & Tomato Kale <b>Chicken Alfredo</b> Fettuccini Garlic & Tomato Kale Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder <b>Chicken Taco</b> Spanish Rice & Beans Zucchini & Yellow Squash <b>Grilled Swordfish</b> Spanish Rice & Beans Zucchini & Yellow Squash Roll Carrots Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Bean Soup <b>Meat &amp; Cheese Lasagna</b> Macaroni Salad Carrots <b>Grilled Turkey Tips w/ Gravy</b> Macaroni Salad Carrots Garlic Bread Carrots Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Black Bean Soup <b>Meatball Sub</b> Spanish Rice <b>Chicken Quesadilla</b> Spanish Rice Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Split Pea & Ham Soup <b>Stuffed Shells</b> Garlic Bread Broccoli Slaw <b>Grilled Ham &amp; Cheese</b> Broccoli Slaw Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef & Rice <b>Shrimp Cocktail Plate</b> Homemade Potato Chips Pickled Beet Salad <b>Greek Chicken Wrap</b> Homemade Potato Chips Pickled Beet Salad Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Gazpacho <b>Tuna &amp; Egg Salad Plate</b> Roll Pineapple Cottage Cheese <b>Monte Cristo Sandwich</b> Pineapple Cottage Cheese Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken Noodle Soup <b>Pork Chop w/ Gravy</b> Waffle Fries Green Beans <b>Turkey Burger</b> Waffle Fries Green Beans Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder <b>Fish &amp; Chips</b> Onion Rings Broccoli Bacon Salad <b>Roast Beef Melt</b> Onion Rings Broccoli Bacon Salad Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Bean Soup <b>Hot Dogs &amp; Beans</b> Brown Bread Coleslaw <b>Chicken A La King</b> Tossed Salad Dessert of the Day Sugar Free Dessert



Wentworth Senior Living Dining Selections week of 7/21/2019

SUNDAY Breakfast	MONDAY Breakfast	TUESDAY Breakfast	WEDNESDAY Breakfast	THURSDAY Breakfast	FRIDAY Breakfast	SATURDAY Breakfast
<b>Fried Eggs</b> Sausage Danish	<b>French Toast w/ Fruit Topping</b> Sausage Patties	<b>Scrambled Eggs</b> Corned Beef Hash Cinnamon Donuts	<b>Strata</b> Canadian Bacon	<b>Apple Spiced Pancakes</b> Hash Brown Potatoes	<b>Ham Omelet</b> Bacon Homefries	<b>Scrambled Eggs</b> Sausage Pattie Scone
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tomato Basil Soup <b>Happy Mother's Day</b> <b>Beef Tenderloin w/ Gravy</b> Roasted Fingerling Potatoes Broccoli & Red Peppers <b>Stuffed Sole</b> Roasted Fingerling Potatoes Broccoli & Red Peppers  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Turkey Vegetable Soup  <b>Crab Cakes</b> Confetti Rice Carrots  <b>Chinese Pepper Steak</b> Confetti Rice Carrots  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef & Rice Soup  <b>Italian Sausage Sub w/ Onions &amp; Peppers</b> Homemade Potato Chips Cole Slaw <b>Foot Long Hot Dogs</b> Homemade Potato Chips Cole Slaw  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Broccoli & Cheese Soup  <b>Pan Seared Duck Breast</b> Jasmine Rice Asian Blend Vegetables  <b>Sweet &amp; Sour Pork</b> Jasmine Rice Asian Blend Vegetables  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Mushroom Barley Soup  <b>Kielbasa w/ Apples &amp; Onions</b> Baked Sweet Potatoes Sliced Beets  <b>Shrimp Scampi</b> Linguine Pasta Sliced Beets  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Seafood Newburg</b> Mashed Potatoes Vegetable Medley  <b>Chicken Florentine</b> Mashed Potatoes Vegetable Medley  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken & Rice Soup  <b>Haddock w/ Crumb Topping</b> Herbed Rice Pilaf Corn  <b>Lemon Rosemary Turkey</b> Herbed Rice Pilaf Corn  Broccoli Roll Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Tomato Basil Soup  <b>Macaroni &amp; Cheese</b> Stewed Tomatoes  <b>Sloppy Joes</b> Jo Jo Fries Peas & Onions  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Vegetable Soup  <b>Cranberry Chicken Salad Plate</b> Roll  <b>Fish Nuggets</b> French Fried Potatoes Broccoli  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef & Rice Soup  <b>Fried Chicken</b> Mashed Potatoes w/ Gravy Green & Waxed Beans <b>Tuna &amp; Egg Salad Plate</b> Green & Waxed Beans  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Broccoli & Cheese Soup  <b>Beef Teriyaki Skewers</b> Lo Mein Noodles Bok Choy & Napa Cabbage <b>Chef's Salad</b> Roll  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Mushroom Barley Soup  <b>Cheese Ravioli</b> Garlic Bread Caesar Salad <b>Chicken Meatball w/ Honey Mustard Glaze</b> Potato Du Jour Peas Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Clam Chowder  <b>Chicken Bacon Ranch Sandwich</b> Homemade Potato Chips Cucumber Dill Salad <b>Tuna Melt</b> Homemade Potato Chips Cucumber Dill Salad  Baked Chicken or Fish *Always Available Menu Dessert of the day Sugar Free Dessert	<b>Dinner</b> Chicken & Rice Soup  <b>Franks &amp; Beans</b> Brown Bread Cole Slaw <b>Chicken A La King w/ Biscuit</b> Tossed Salad  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Dining Selections Week of 7/28/2019

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>French Toast</b> Sausage Danish	<b>Quiche du Jour</b> Home Fried Potatoes	<b>Scrambled Eggs</b> Biscuits w/ Sausage & Gravy	<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 Broccoli & Cheese Soup  <b>Turkey Dinner w/ Gravy</b> Mashed Potatoes Butternut Squash  <b>Ham Steak w/ Rasin Sauce</b> Mashed Potatoes Butternut Squash  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Tomato Florentine Soup  <b>Corned Beef</b> Boiled Potatoes Cabbage Carrots  <b>Chicken Cordon Bleu</b> Boiled Potatoes Cabbage Carrots Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Barley Soup  <b>Pork Tenderloin</b> Parmesan Risotto Kales  <b>Fresh Fish of the Day</b> Parmesan Risotto Kales  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Beef Soup  <b>Meatloaf w/ Gravy</b> Mashed Potatoes w/ Gravy Zucchini & Yellow Squash  <b>Shrimp &amp; Scallop a la Vodka</b> Linguine Pasta Zucchini & Yellow Squash  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Italian Wedding Soup  <b>Turkey a la King</b> Jasmine Rice Corn & Red Pepper Salad  <b>Chicken Alfredo</b> Linguine Pasta Corn & Red Pepper Salad  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Stuffed Peppers</b> Oven Roasted Potatoes Fresh Julienne Vegetables  <b>Lobster Ravioli</b> Fresh Julienne Vegetables  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Noodle Soup  <b>Cocnut Shrimp</b> Almond Rice Pilaf Sauteed Baby Spinach  <b>Grilled Ginger Soy Beef Tips</b> Almond Rice Pilaf Sauteed Baby Spinach  Green Beans Roll Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Broccoli & Cheese Soup  <b>Seafood Salad Roll</b> Sweet Potato Tots Spinach  <b>Chicken Kabob</b> Sweet Potato Tots Spinach  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Tomato Florentine Soup  <b>Beef &amp; Broccoli</b> Jasmine Rice Oriental Vegetables  <b>Egg Salad on a Croissant</b> Pasta Salad Pickled Beef Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Barley Soup  <b>Open Faced Turkey Sandwich</b> Mashed Potatoes w/ Gravy Peas & Carrots  <b>Herb Seared Salmon Salad</b> Roll  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Beef Soup  <b>Lobster Sliders</b> French Fried Potatoes Apple Cole Slaw  <b>BBQ Chicken</b> French Fried Potatoes Apple Cole Slaw  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Italian Wedding Soup  <b>Ham Salad Sandwich</b> Italian Green Beans  <b>American Chop Suey</b> Italian Green Beans  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Seafood Chowder  <b>Pizza-Cheese-Veggie or Pepperoni</b> Tossed Salad  <b>Tuna Melt</b> Tossed Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Noodle Soup  <b>Hot Dog</b> Brown Bread Baked Beans  <b>Grilled Turkey &amp; Swiss</b> Cole Slaw  Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Home Dining Selections Week of 8/4/19

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Pancakes</b> Sausage Danish	<b>Scrambled Eggs</b> Home Fried Potatoes Country Ham	<b>French Toast w/ Fruit Topping</b> Bacon	<b>Eggs Your Way</b> Sausage Patties	<b>Belgian Waffle</b> Potato Pancakes	<b>Eggs to Order</b> Corned Beef Hash	<b>Cheese Omelets</b> Sausage Link
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Cheese and Crackers Shrimp Cocktail <b>Baked Ham with Pineapple Glaze</b> Red Bliss Mashed Potatoes Peas & Onions  <b>Roasted Sirloin w/ Gravy</b> Red Bliss Mashed Potatoes Peas & Onions  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Vegetable Rice  <b>BBQ Beef Brisket</b> Herbed Rice Pilaf Carrots  <b>Fried Whole Belly Clams</b> Herbed Rice Pilaf Carrots  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef Barley  <b>Pork Lo Mein</b> Lo Mein Noodles Asian Blend Vegetables  <b>General Tsao's Chicken</b> Lo Mein Noodles Asian Blend Vegetables  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tomato Rice  <b>Pappardelle Bolognese</b> Harvard Beets  <b>Broiled Sea Scallops</b> Mashed Potatoes Harvard Beets  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken & Vegetable  <b>Baked Ranch Chicken</b> Mashed Potatoes w/ Gravy Green Peas  <b>Salisbury Steak w/ Onion Gravy</b> Mashed Potatoes Green Peas  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Sausage &amp; Peppers</b> Bow Tie Pasta Broccoli  <b>Ritz Cracker Haddock</b> Herbed Rice Pilaf Broccoli  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Caesar Salad Fresh Fruit Salad Turkey Noodle  <b>Chicken Kabob</b> Tortellini Cauliflower & Red Peppers  <b>Lemon Rosemary Turkey</b> Tortellini Cauliflower & Red Peppers  Roll Asparagus Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Tomato  <b>Manicotti w/ Marinara Sauce</b> Garlic Bread  <b>Italian Sub</b> Homemade Potato Chips Cucumber & Tomato Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Vegetable Rice  <b>Curried Chicken Salad on a Croissant</b> Vegetable Medley  <b>Sloppy Joe</b> French Fried Potatoes Broccoli  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef Barley  <b>Grilled Tomato Basil &amp; Mozzarella Sandwich</b> Chef's Blend  <b>Pulled Pork Slider</b> Chef's Blend  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Tomato Rice  <b>Open Faced Turkey Sandwich</b> French Fried Potatoes Carrots  <b>Chicken Strips</b> French Fried Potatoes Carrots  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Chicken & Vegetable  <b>Hamburger/Cheeseburger</b> Sweet Potato Fries Broccoli  <b>Shrimp Cocktail Plate</b> Sweet Potato Fries Tomato & Mozzarella Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Seafood Chowder  <b>Calzones</b> Tossed Salad  <b>Grilled Fresh Tuna Plate</b> Tossed Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Noodle  <b>Franks &amp; Beans</b> Brown Bread Broccoli Slaw  <b>Chicken Caesar Salad Wrap</b> Potato Chips Broccoli Slaw  Dessert of the Day Sugar Free Dessert





## Wentworth Senior Living Home Dining Selections Week of 8/11/19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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	<b>French Toast</b> Sausage Patty	<b>Scrambled Eggs</b> Corned Beed Hash	<b>Chef's Special Pancakes</b> Hash Browns	<b>Pancakes w/ Syrup</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 Beef Noodle Soup	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chilled Watercress Soup	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Sausage Pepper & Potato Soup	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Fish Chowder	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Tomato Florentine Soup
<b>Herb Roasted Pork Loin</b> Mashed Potatoes Roasted Vegetables	<b>Stuffed Sole</b> Rice & Beans Fresh Julienne Vegetables	<b>Sweet &amp; Sour Chicken</b> Jasmine Rice Asian Blend Vegetables	<b>Spaghetti &amp; Meatballs</b> Roasted Brussel Sprouts	<b>Vegetable Quesadilla</b> Spanish Rice & Beans Salsa Fresca	<b>Fried Haddock</b> Sweet Potatoes Cole Slaw	<b>Pot Roast w/ Gravy</b> Scalloped Potatoes Grilled Zucchini
<b>Chicken Florentine</b> Mashed Potatoes Roasted Vegetables	<b>BBQ Beef Brisket</b> Rice & Beans Fresh Julienne Vegetables	<b>Bacon Wrapped Petite Filet</b> Roasted Potato Wedge Asparagus w/ Red Pepper	<b>Wentworth Seafood Plate</b> Potato Salad Cole Slaw	<b>BBQ Chicken Wings</b> Macaroni Salad Corn Cobettes	<b>Grilled Turkey Tips</b> Sweet Potatoes Haricot Verts	<b>Pork Tenderloin</b> Scalloped Potatoes Grilled Zucchini
Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach 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>
Beef Noodle Soup	Chicken Noodle Soup	Clam Chowder	Chilled Watercress Soup	Sausage Pepper & Potato Soup	Fish Chowder	Tomato Florentine Soup
<b>Cheese Tortellini w/ Pesto Sauce</b> Iceberg Wedge	<b>Pork Chop w/ Gravy</b> Steamed Brown Rice Sautéed Fresh Greens	<b>Stuffed Peppers</b> Carrot Raisin & Pineapple Salad Zucchini & Yellow Squash	<b>Patty Melt</b> Homemade Potato Chips Cole Slaw	<b>Coconut Shrimp</b> Potato Du Jour Italian Green Beans	<b>Baked Ziti w/ Meat Sauce</b> Broccoli	<b>Franks &amp; Beans</b> Brown Bread Cole Slaw
<b>Fried Chicken Quarters</b> German Potato Salad Roasted Cherry Tomatoes	<b>Turkey Melt</b> Potato Chips Sautéed Fresh Greens	<b>Monte Cristo Sandwich</b> Carrot Raisin & Pineapple Salad Zucchini & Yellow Squash	<b>Caesar Salad w/ Chicken</b> Roll	<b>Chicken Meatballs w/ Honey Mustard Glaze</b> Potato Du Jour Italian Green Beans	<b>Italian Sausage Grinder</b> Pasta Salad Broccoli	<b>Italian Deli Sandwich</b> Carrot & Raisin Salad
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 8/18/2019

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Fried Eggs</b> Bacon Danish	<b>Scrambled Eggs</b> Bacon	<b>Cheese Omelet</b> Home Fried Potatoes Sausage	<b>Pancakes</b> Bacon	<b>Scrambled Eggs</b> Canadian Bacon	<b>Waffle</b> Bacon Assorted Donuts	<b>Spanish Scrambled Eggs</b> Corned Beef Hash
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Black Bean Soup Happy Cinco de Mayo <b>Honey Baked Ham</b> Au Gratin Potatoes Roasted Beets  <b>Tequila Lime Chicken</b> Au Gratin Potatoes Roasted Beets  Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Split Pea & Ham Soup  <b>Fresh Fish of the Day</b> Garden Brown Rice Buttered Cauliflower  <b>London Broil w/ Gravy</b> Garden Brown Rice Buttered Cauliflower  Roll Carrots Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Beef & Rice  <b>Shake N' Bake Chicken Thighs</b> Creamy Mashed Potatoes Broccoli & Red Peppers  <b>Braised Lamb Shanks</b> Creamy Mashed Potatoes Broccoli & Red Peppers  Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Gazpacho  <b>Grilled Lemon Dill Salmon</b> Herbed Rice Creamed Spinach  <b>Roasted Pork Ribs w/ BBQ Sauce</b> Herbed Rice Creamed Spinach  Corn Bread Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup  <b>Pot Roast w/ Gravy</b> Baked Potato Garlic & Tomato Kale  <b>Chicken Alfredo</b> Fettuccini Garlic & Tomato Kale  Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Chicken Taco</b> Spanish Rice & Beans Zucchini & Yellow Squash  <b>Grilled Swordfish</b> Spanish Rice & Beans Zucchini & Yellow Squash  Roll Carrots Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Bean Soup  <b>Meat &amp; Cheese Lasagna</b> Macaroni Salad Carrots  <b>Grilled Turkey Tips w/ Gravy</b> Macaroni Salad Carrots  Garlic Bread Carrots Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Black Bean Soup  <b>Meatball Sub</b> Spanish Rice  <b>Chicken Quesadilla</b> Spanish Rice  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Split Pea & Ham Soup  <b>Stuffed Shells</b> Garlic Bread Broccoli Slaw  <b>Grilled Ham &amp; Cheese</b> Broccoli Slaw  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef & Rice  <b>Shrimp Cocktail Plate</b> Homemade Potato Chips Pickled Beet Salad  <b>Greek Chicken Wrap</b> Homemade Potato Chips Pickled Beet Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Gazpacho  <b>Tuna &amp; Egg Salad Plate</b> Roll Pineapple Cottage Cheese  <b>Monte Cristo Sandwich</b> Pineapple Cottage Cheese  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken Noodle Soup  <b>Pork Chop w/ Gravy</b> Waffle Fries Green Beans  <b>Turkey Burger</b> Waffle Fries Green Beans  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder  <b>Fish &amp; Chips</b> Onion Rings Broccoli Bacon Salad  <b>Roast Beef Melt</b> Onion Rings Broccoli Bacon Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Bean Soup  <b>Hot Dogs &amp; Beans</b> Brown Bread Coleslaw  <b>Chicken A La King</b> Tossed Salad  Dessert of the Day Sugar Free Dessert



**Wentworth Senior Living Dining Selections week of 8/25/2019**

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Fried Eggs</b> Sausage Danish	<b>French Toast w/ Fruit Topping</b> Sausage Patties	<b>Scrambled Eggs</b> Corned Beef Hash Cinnamon Donuts	<b>Strata</b> Canadian Bacon	<b>Apple Spiced Pancakes</b> Hash Brown Potatoes	<b>Ham Omelet</b> Bacon Homefries	<b>Scrambled Eggs</b> Sausage Pattie Scone
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tomato Basil Soup <b>Happy Mother's Day</b> <b>Beef Tenderloin w/ Gravy</b> Roasted Fingerling Potatoes Broccoli & Red Peppers <b>Stuffed Sole</b> Roasted Fingerling Potatoes Broccoli & Red Peppers  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Turkey Vegetable Soup  <b>Crab Cakes</b> Confetti Rice Carrots  <b>Chinese Pepper Steak</b> Confetti Rice Carrots  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef & Rice Soup  <b>Italian Sausage Sub w/ Onions &amp; Peppers</b> Homemade Potato Chips Cole Slaw  <b>Foot Long Hot Dogs</b> Homemade Potato Chips Cole Slaw  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Broccoli & Cheese Soup  <b>Pan Seared Duck Breast</b> Jasmine Rice Asian Blend Vegetables  <b>Sweet &amp; Sour Pork</b> Jasmine Rice Asian Blend Vegetables  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Mushroom Barley Soup  <b>Kielbasa w/ Apples &amp; Onions</b> Baked Sweet Potatoes Sliced Beets  <b>Shrimp Scampi</b> Linguine Pasta Sliced Beets  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Seafood Newburg</b> Mashed Potatoes Vegetable Medley  <b>Chicken Florentine</b> Mashed Potatoes Vegetable Medley  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken & Rice Soup  <b>Haddock w/ Crumb Topping</b> Herbed Rice Pilaf Corn  <b>Lemon Rosemary Turkey</b> Herbed Rice Pilaf Corn  Broccoli Roll Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Tomato Basil Soup  <b>Macaroni &amp; Cheese</b> Stewed Tomatoes  <b>Sloppy Joes</b> Jo Jo Fries Peas & Onions  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Vegetable Soup  <b>Cranberry Chicken Salad Plate</b> Roll  <b>Fish Nuggets</b> French Fried Potatoes Broccoli  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef & Rice Soup  <b>Fried Chicken</b> Mashed Potatoes w/ Gravy Green & Waxed Beans <b>Tuna &amp; Egg Salad Plate</b> Green & Waxed Beans  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Broccoli & Cheese Soup  <b>Beef Teriyaki Skewers</b> Lo Mein Noodles Bok Choy & Napa Cabbage <b>Chef's Salad</b> Roll  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Mushroom Barley Soup  <b>Cheese Ravioli</b> Garlic Bread Caesar Salad <b>Chicken Meatball w/ Honey Mustard Glaze</b> Potato Du Jour Peas Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Clam Chowder  <b>Chicken Bacon Ranch Sandwich</b> Homemade Potato Chips Cucumber Dill Salad <b>Tuna Melt</b> Homemade Potato Chips Cucumber Dill Salad  Baked Chicken or Fish *Always Available Menu Dessert of the day Sugar Free Dessert	<b>Dinner</b> Chicken & Rice Soup  <b>Franks &amp; Beans</b> Brown Bread Cole Slaw <b>Chicken A La King w/ Biscuit</b> Tossed Salad  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Dining Selections Week of 9/1/2019

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>French Toast</b> Sausage Danish	<b>Quiche du Jour</b> Home Fried Potatoes	<b>Scrambled Eggs</b> Biscuits w/ Sausage & Gravy	<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 Broccoli & Cheese Soup  <b>Turkey Dinner w/ Gravy</b> Mashed Potatoes Butternut Squash  <b>Ham Steak w/ Rasin Sauce</b> Mashed Potatoes Butternut Squash  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Tomato Florentine Soup  <b>Corned Beef</b> Boiled Potatoes Cabbage Carrots  <b>Chicken Cordon Bleu</b> Boiled Potatoes Cabbage Carrots Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Barley Soup  <b>Pork Tenderloin</b> Parmesan Risotto Kales  <b>Fresh Fish of the Day</b> Parmesan Risotto Kales  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Beef Soup  <b>Meatloaf w/ Gravy</b> Mashed Potatoes w/ Gravy Zucchini & Yellow Squash  <b>Shrimp &amp; Scallop a la Vodka</b> Linguine Pasta Zucchini & Yellow Squash  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Italian Wedding Soup  <b>Turkey a la King</b> Jasmine Rice Corn & Red Pepper Salad  <b>Chicken Alfredo</b> Linguine Pasta Corn & Red Pepper Salad  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Stuffed Peppers</b> Oven Roasted Potatoes Fresh Julienne Vegetables  <b>Lobster Ravioli</b> Fresh Julienne Vegetables  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Noodle Soup  <b>Cocnut Shrimp</b> Almond Rice Pilaf Sauteed Baby Spinach  <b>Grilled Ginger Soy Beef Tips</b> Almond Rice Pilaf Sauteed Baby Spinach  Green Beans Roll Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Broccoli & Cheese Soup  <b>Seafood Salad Roll</b> Sweet Potato Tots Spinach  <b>Chicken Kabob</b> Sweet Potato Tots Spinach  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Tomato Florentine Soup  <b>Beef &amp; Broccoli</b> Jasmine Rice Oriental Vegetables  <b>Egg Salad on a Croissant</b> Pasta Salad Pickled Beef Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Barley Soup  <b>Open Faced Turkey Sandwich</b> Mashed Potatoes w/ Gravy Peas & Carrots  <b>Herb Seared Salmon Salad</b> Roll  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Beef Soup  <b>Lobster Sliders</b> French Fried Potatoes Apple Cole Slaw  <b>BBQ Chicken</b> French Fried Potatoes Apple Cole Slaw  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Italian Wedding Soup  <b>Ham Salad Sandwich</b> Italian Green Beans  <b>American Chop Suey</b> Italian Green Beans  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Seafood Chowder  <b>Pizza-Cheese-Veggie or Pepperoni</b> Tossed Salad  <b>Tuna Melt</b> Tossed Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Noodle Soup  <b>Hot Dog</b> Brown Bread Baked Beans  <b>Grilled Turkey &amp; Swiss</b> Cole Slaw  Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Home Dining Selections Week of 9/8/19

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Pancakes</b> Sausage Danish	<b>Scrambled Eggs</b> Home Fried Potatoes Country Ham	<b>French Toast w/ Fruit Topping</b> Bacon	<b>Eggs Your Way</b> Sausage Patties	<b>Belgian Waffle</b> Potato Pancakes	<b>Eggs to Order</b> Corned Beef Hash	<b>Cheese Omelets</b> Sausage Link
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Cheese and Crackers Shrimp Cocktail <b>Baked Ham with Pineapple Glaze</b> Red Bliss Mashed Potatoes Peas & Onions  <b>Roasted Sirloin w/ Gravy</b> Red Bliss Mashed Potatoes Peas & Onions  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Vegetable Rice  <b>BBQ Beef Brisket</b> Herbed Rice Pilaf Carrots  <b>Fried Whole Belly Clams</b> Herbed Rice Pilaf Carrots  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef Barley  <b>Pork Lo Mein</b> Lo Mein Noodles Asian Blend Vegetables  <b>General Tsao's Chicken</b> Lo Mein Noodles Asian Blend Vegetables  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tomato Rice  <b>Pappardelle Bolognese</b> Harvard Beets  <b>Broiled Sea Scallops</b> Mashed Potatoes Harvard Beets  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken & Vegetable  <b>Baked Ranch Chicken</b> Mashed Potatoes w/ Gravy Green Peas  <b>Salisbury Steak w/ Onion Gravy</b> Mashed Potatoes Green Peas  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Sausage &amp; Peppers</b> Bow Tie Pasta Broccoli  <b>Ritz Cracker Haddock</b> Herbed Rice Pilaf Broccoli  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Caesar Salad Fresh Fruit Salad Turkey Noodle  <b>Chicken Kabob</b> Tortellini Cauliflower & Red Peppers  <b>Lemon Rosemary Turkey</b> Tortellini Cauliflower & Red Peppers  Roll Asparagus Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Tomato  <b>Manicotti w/ Marinara Sauce</b> Garlic Bread  <b>Italian Sub</b> Homemade Potato Chips Cucumber & Tomato Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Vegetable Rice  <b>Curried Chicken Salad on a Croissant</b> Vegetable Medley  <b>Sloppy Joe</b> French Fried Potatoes Broccoli  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef Barley  <b>Grilled Tomato Basil &amp; Mozzarella Sandwich</b> Chef's Blend  <b>Pulled Pork Slider</b> Chef's Blend  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Tomato Rice  <b>Open Faced Turkey Sandwich</b> French Fried Potatoes Carrots  <b>Chicken Strips</b> French Fried Potatoes Carrots  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Chicken & Vegetable  <b>Hamburger/Cheeseburger</b> Sweet Potato Fries Broccoli  <b>Shrimp Cocktail Plate</b> Sweet Potato Fries Tomato & Mozzarella Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Seafood Chowder  <b>Calzones</b> Tossed Salad  <b>Grilled Fresh Tuna Plate</b> Tossed Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Noodle  <b>Franks &amp; Beans</b> Brown Bread Broccoli Slaw  <b>Chicken Caesar Salad Wrap</b> Potato Chips Broccoli Slaw  Dessert of the Day Sugar Free Dessert



## Wentworth Senior Living Home Dining Selections Week of 9/15/19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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	<b>French Toast</b> Sausage Patty	<b>Scrambled Eggs</b> Corned Beed Hash	<b>Chef's Special Pancakes</b> Hash Browns	<b>Pancakes w/ Syrup</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 Beef Noodle Soup	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chilled Watercress Soup	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Sausage Pepper & Potato Soup	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Fish Chowder	<i>Lunch</i> Fresh Caesar Salad Fresh Fruit Salad Tomato Florentine Soup
<b>Herb Roasted Pork Loin</b> Mashed Potatoes Roasted Vegetables	<b>Stuffed Sole</b> Rice & Beans Fresh Julienne Vegetables	<b>Sweet &amp; Sour Chicken</b> Jasmine Rice Asian Blend Vegetables	<b>Spaghetti &amp; Meatballs</b> Roasted Brussel Sprouts	<b>Vegetable Quesadilla</b> Spanish Rice & Beans Salsa Fresca	<b>Fried Haddock</b> Sweet Potatoes Cole Slaw	<b>Pot Roast w/ Gravy</b> Scalloped Potatoes Grilled Zucchini
<b>Chicken Florentine</b> Mashed Potatoes Roasted Vegetables	<b>BBQ Beef Brisket</b> Rice & Beans Fresh Julienne Vegetables	<b>Bacon Wrapped Petite Filet</b> Roasted Potato Wedge Asparagus w/ Red Pepper	<b>Wentworth Seafood Plate</b> Potato Salad Cole Slaw	<b>BBQ Chicken Wings</b> Macaroni Salad Corn Cobettes	<b>Grilled Turkey Tips</b> Sweet Potatoes Haricot Verts	<b>Pork Tenderloin</b> Scalloped Potatoes Grilled Zucchini
Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach 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>
Beef Noodle Soup	Chicken Noodle Soup	Clam Chowder	Chilled Watercress Soup	Sausage Pepper & Potato Soup	Fish Chowder	Tomato Florentine Soup
<b>Cheese Tortellini w/ Pesto Sauce</b> Iceberg Wedge	<b>Pork Chop w/ Gravy</b> Steamed Brown Rice Sautéed Fresh Greens	<b>Stuffed Peppers</b> Carrot Raisin & Pineapple Salad Zucchini & Yellow Squash	<b>Patty Melt</b> Homemade Potato Chips Cole Slaw	<b>Coconut Shrimp</b> Potato Du Jour Italian Green Beans	<b>Baked Ziti w/ Meat Sauce</b> Broccoli	<b>Franks &amp; Beans</b> Brown Bread Cole Slaw
<b>Fried Chicken Quarters</b> German Potato Salad Roasted Cherry Tomatoes	<b>Turkey Melt</b> Potato Chips Sautéed Fresh Greens	<b>Monte Cristo Sandwich</b> Carrot Raisin & Pineapple Salad Zucchini & Yellow Squash	<b>Caesar Salad w/ Chicken</b> Roll	<b>Chicken Meatballs w/ Honey Mustard Glaze</b> Potato Du Jour Italian Green Beans	<b>Italian Sausage Grinder</b> Pasta Salad Broccoli	<b>Italian Deli Sandwich</b> Carrot & Raisin Salad
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 9/22/2019

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Fried Eggs</b> Bacon Danish	<b>Scrambled Eggs</b> Bacon	<b>Cheese Omelet</b> Home Fried Potatoes Sausage	<b>Pancakes</b> Bacon	<b>Scrambled Eggs</b> Canadian Bacon	<b>Waffle</b> Bacon Assorted Donuts	<b>Spanish Scrambled Eggs</b> Corned Beef Hash
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Black Bean Soup Happy Cinco de Mayo <b>Honey Baked Ham</b> Au Gratin Potatoes Roasted Beets  <b>Tequila Lime Chicken</b> Au Gratin Potatoes Roasted Beets  Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Split Pea & Ham Soup  <b>Fresh Fish of the Day</b> Garden Brown Rice Buttered Cauliflower  <b>London Broil w/ Gravy</b> Garden Brown Rice Buttered Cauliflower  Roll Carrots Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Beef & Rice  <b>Shake N' Bake Chicken Thighs</b> Creamy Mashed Potatoes Broccoli & Red Peppers  <b>Braised Lamb Shanks</b> Creamy Mashed Potatoes Broccoli & Red Peppers  Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Gazpacho  <b>Grilled Lemon Dill Salmon</b> Herbed Rice Creamed Spinach  <b>Roasted Pork Ribs w/ BBQ Sauce</b> Herbed Rice Creamed Spinach  Corn Bread Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup  <b>Pot Roast w/ Gravy</b> Baked Potato Garlic & Tomato Kale  <b>Chicken Alfredo</b> Fettuccini Garlic & Tomato Kale  Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Chicken Taco</b> Spanish Rice & Beans Zucchini & Yellow Squash  <b>Grilled Swordfish</b> Spanish Rice & Beans Zucchini & Yellow Squash  Roll Carrots Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Bean Soup  <b>Meat &amp; Cheese Lasagna</b> Macaroni Salad Carrots  <b>Grilled Turkey Tips w/ Gravy</b> Macaroni Salad Carrots  Garlic Bread Carrots Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Black Bean Soup  <b>Meatball Sub</b> Spanish Rice  <b>Chicken Quesadilla</b> Spanish Rice  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Split Pea & Ham Soup  <b>Stuffed Shells</b> Garlic Bread Broccoli Slaw  <b>Grilled Ham &amp; Cheese</b> Broccoli Slaw  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef & Rice  <b>Shrimp Cocktail Plate</b> Homemade Potato Chips Pickled Beet Salad  <b>Greek Chicken Wrap</b> Homemade Potato Chips Pickled Beet Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Gazpacho  <b>Tuna &amp; Egg Salad Plate</b> Roll Pineapple Cottage Cheese  <b>Monte Cristo Sandwich</b> Pineapple Cottage Cheese  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken Noodle Soup  <b>Pork Chop w/ Gravy</b> Waffle Fries Green Beans  <b>Turkey Burger</b> Waffle Fries Green Beans  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder  <b>Fish &amp; Chips</b> Onion Rings Broccoli Bacon Salad  <b>Roast Beef Melt</b> Onion Rings Broccoli Bacon Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Bean Soup  <b>Hot Dogs &amp; Beans</b> Brown Bread Coleslaw  <b>Chicken A La King</b> Tossed Salad  Dessert of the Day Sugar Free Dessert



**Wentworth Senior Living Dining Selections week of 9/29/2019**

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Fried Eggs</b> Sausage Danish	<b>French Toast w/ Fruit Topping</b> Sausage Patties	<b>Scrambled Eggs</b> Corned Beef Hash Cinnamon Donuts	<b>Strata</b> Canadian Bacon	<b>Apple Spiced Pancakes</b> Hash Brown Potatoes	<b>Ham Omelet</b> Bacon Homefries	<b>Scrambled Eggs</b> Sausage Pattie Scone
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tomato Basil Soup <b>Happy Mother's Day</b> <b>Beef Tenderloin w/ Gravy</b> Roasted Fingerling Potatoes Broccoli & Red Peppers <b>Stuffed Sole</b> Roasted Fingerling Potatoes Broccoli & Red Peppers  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Turkey Vegetable Soup  <b>Crab Cakes</b> Confetti Rice Carrots  <b>Chinese Pepper Steak</b> Confetti Rice Carrots  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef & Rice Soup  <b>Italian Sausage Sub w/ Onions &amp; Peppers</b> Homemade Potato Chips Cole Slaw <b>Foot Long Hot Dogs</b> Homemade Potato Chips Cole Slaw  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Broccoli & Cheese Soup  <b>Pan Seared Duck Breast</b> Jasmine Rice Asian Blend Vegetables  <b>Sweet &amp; Sour Pork</b> Jasmine Rice Asian Blend Vegetables  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Mushroom Barley Soup  <b>Kielbasa w/ Apples &amp; Onions</b> Baked Sweet Potatoes Sliced Beets  <b>Shrimp Scampi</b> Linguine Pasta Sliced Beets  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Seafood Newburg</b> Mashed Potatoes Vegetable Medley  <b>Chicken Florentine</b> Mashed Potatoes Vegetable Medley  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken & Rice Soup  <b>Haddock w/ Crumb Topping</b> Herbed Rice Pilaf Corn  <b>Lemon Rosemary Turkey</b> Herbed Rice Pilaf Corn  Broccoli Roll Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Tomato Basil Soup  <b>Macaroni &amp; Cheese</b> Stewed Tomatoes  <b>Sloppy Joes</b> Jo Jo Fries Peas & Onions  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Vegetable Soup  <b>Cranberry Chicken Salad Plate</b> Roll  <b>Fish Nuggets</b> French Fried Potatoes Broccoli  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef & Rice Soup  <b>Fried Chicken</b> Mashed Potatoes w/ Gravy Green & Waxed Beans <b>Tuna &amp; Egg Salad Plate</b> Green & Waxed Beans  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Broccoli & Cheese Soup  <b>Beef Teriyaki Skewers</b> Lo Mein Noodles Bok Choy & Napa Cabbage <b>Chef's Salad</b> Roll  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Mushroom Barley Soup  <b>Cheese Ravioli</b> Garlic Bread Caesar Salad <b>Chicken Meatball w/ Honey Mustard Glaze</b> Potato Du Jour Peas Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Clam Chowder  <b>Chicken Bacon Ranch Sandwich</b> Homemade Potato Chips Cucumber Dill Salad <b>Tuna Melt</b> Homemade Potato Chips Cucumber Dill Salad  Baked Chicken or Fish *Always Available Menu Dessert of the day Sugar Free Dessert	<b>Dinner</b> Chicken & Rice Soup  <b>Franks &amp; Beans</b> Brown Bread Cole Slaw <b>Chicken A La King w/ Biscuit</b> Tossed Salad  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert





### Wentworth Senior Living Dining Selections Week of 10/6/2019

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>French Toast</b> Sausage Danish	<b>Quiche du Jour</b> Home Fried Potatoes	<b>Scrambled Eggs</b> Biscuits w/ Sausage & Gravy	<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 Broccoli & Cheese Soup  <b>Turkey Dinner w/ Gravy</b> Mashed Potatoes Butternut Squash  <b>Ham Steak w/ Rasin Sauce</b> Mashed Potatoes Butternut Squash  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Tomato Florentine Soup  <b>Corned Beef</b> Boiled Potatoes Cabbage Carrots  <b>Chicken Cordon Bleu</b> Boiled Potatoes Cabbage Carrots Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Barley Soup  <b>Pork Tenderloin</b> Parmesan Risotto Kales  <b>Fresh Fish of the Day</b> Parmesan Risotto Kales  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Beef Soup  <b>Meatloaf w/ Gravy</b> Mashed Potatoes w/ Gravy Zucchini & Yellow Squash  <b>Shrimp &amp; Scallop a la Vodka</b> Linguine Pasta Zucchini & Yellow Squash  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Italian Wedding Soup  <b>Turkey a la King</b> Jasmine Rice Corn & Red Pepper Salad  <b>Chicken Alfredo</b> Linguine Pasta Corn & Red Pepper Salad  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Stuffed Peppers</b> Oven Roasted Potatoes Fresh Julienne Vegetables  <b>Lobster Ravioli</b> Fresh Julienne Vegetables  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Noodle Soup  <b>Cocnut Shrimp</b> Almond Rice Pilaf Sauteed Baby Spinach  <b>Grilled Ginger Soy Beef Tips</b> Almond Rice Pilaf Sauteed Baby Spinach  Green Beans Roll Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Broccoli & Cheese Soup  <b>Seafood Salad Roll</b> Sweet Potato Tots Spinach  <b>Chicken Kabob</b> Sweet Potato Tots Spinach  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Tomato Florentine Soup  <b>Beef &amp; Broccoli</b> Jasmine Rice Oriental Vegetables  <b>Egg Salad on a Croissant</b> Pasta Salad Pickled Beef Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Barley Soup  <b>Open Faced Turkey Sandwich</b> Mashed Potatoes w/ Gravy Peas & Carrots  <b>Herb Seared Salmon Salad</b> Roll  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Beef Soup  <b>Lobster Sliders</b> French Fried Potatoes Apple Cole Slaw  <b>BBQ Chicken</b> French Fried Potatoes Apple Cole Slaw  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Italian Wedding Soup  <b>Ham Salad Sandwich</b> Italian Green Beans  <b>American Chop Suey</b> Italian Green Beans  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Seafood Chowder  <b>Pizza-Cheese-Veggie or Pepperoni</b> Tossed Salad  <b>Tuna Melt</b> Tossed Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Noodle Soup  <b>Hot Dog</b> Brown Bread Baked Beans  <b>Grilled Turkey &amp; Swiss</b> Cole Slaw  Dessert of the Day Sugar Free Dessert

## Wentworth Senior Living Home Dining Selections Week of 10/13/19

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Pancakes</b> Sausage Danish	<b>Scrambled Eggs</b> Home Fried Potatoes Country Ham	<b>French Toast w/ Fruit Topping</b> Bacon	<b>Eggs Your Way</b> Sausage Patties	<b>Belgian Waffle</b> Potato Pancakes	<b>Eggs to Order</b> Corned Beef Hash	<b>Cheese Omelets</b> Sausage Link
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Cheese and Crackers Shrimp Cocktail <b>Baked Ham with Pineapple Glaze</b> Red Bliss Mashed Potatoes Peas & Onions  <b>Roasted Sirloin w/ Gravy</b> Red Bliss Mashed Potatoes Peas & Onions  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Vegetable Rice  <b>BBQ Beef Brisket</b> Herbed Rice Pilaf Carrots  <b>Fried Whole Belly Clams</b> Herbed Rice Pilaf Carrots  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef Barley  <b>Pork Lo Mein</b> Lo Mein Noodles Asian Blend Vegetables  <b>General Tsao's Chicken</b> Lo Mein Noodles Asian Blend Vegetables  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tomato Rice  <b>Pappardelle Bolognese</b> Harvard Beets  <b>Broiled Sea Scallops</b> Mashed Potatoes Harvard Beets  Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken & Vegetable  <b>Baked Ranch Chicken</b> Mashed Potatoes w/ Gravy Green Peas  <b>Salisbury Steak w/ Onion Gravy</b> Mashed Potatoes Green Peas Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Sausage &amp; Peppers</b> Bow Tie Pasta Broccoli  <b>Ritz Cracker Haddock</b> Herbed Rice Pilaf Broccoli Roll Asparagus Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Caesar Salad Fresh Fruit Salad Turkey Noodle  <b>Chicken Kabob</b> Tortellini Cauliflower & Red Peppers  <b>Lemon Rosemary Turkey</b> Tortellini Cauliflower & Red Peppers Roll Asparagus Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Tomato  <b>Manicotti w/ Marinara Sauce</b> Garlic Bread  <b>Italian Sub</b> Homemade Potato Chips Cucumber & Tomato Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Vegetable Rice  <b>Curried Chicken Salad on a Croissant</b> Vegetable Medley  <b>Sloppy Joe</b> French Fried Potatoes Broccoli  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef Barley  <b>Grilled Tomato Basil &amp; Mozzarella Sandwich</b> Chef's Blend  <b>Pulled Pork Slider</b> Chef's Blend  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Tomato Rice  <b>Open Faced Turkey Sandwich</b> French Fried Potatoes Carrots  <b>Chicken Strips</b> French Fried Potatoes Carrots  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Chicken & Vegetable  <b>Hamburger/Cheeseburger</b> Sweet Potato Fries Broccoli  <b>Shrimp Cocktail Plate</b> Sweet Potato Fries Tomato & Mozzarella Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Seafood Chowder  <b>Calzones</b> Tossed Salad  <b>Grilled Fresh Tuna Plate</b> Tossed Salad  Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Noodle  <b>Franks &amp; Beans</b> Brown Bread Broccoli Slaw  <b>Chicken Caesar Salad Wrap</b> Potato Chips Broccoli Slaw  Dessert of the Day Sugar Free Dessert



## Wentworth Senior Living Home Dining Selections Week of 10/20/19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>Scrambled Eggs</b> Bacon	<b>French Toast</b> Sausage Patty	<b>Scrambled Eggs</b> Corned Beed Hash	<b>Chef's Special Pancakes</b> Hash Browns	<b>Pancakes w/ Syrup</b> Bacon	<b>Eggs to Order</b> Sausage Patty	<b>Ham, Egg &amp; Cheese on Croissant</b> Sausage Link
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef Noodle Soup	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Clam Chowder	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chilled Watercress Soup	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Sausage Pepper & Potato Soup	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Fish Chowder	<b>Lunch</b> Fresh Caesar Salad Fresh Fruit Salad Tomato Florentine Soup
<b>Herb Roasted Pork Loin</b> Mashed Potatoes Roasted Vegetables	<b>Stuffed Sole</b> Rice & Beans Fresh Julienne Vegetables	<b>Sweet &amp; Sour Chicken</b> Jasmine Rice Asian Blend Vegetables	<b>Spaghetti &amp; Meatballs</b> Roasted Brussel Sprouts	<b>Vegetable Quesadilla</b> Spanish Rice & Beans Salsa Fresca	<b>Fried Haddock</b> Sweet Potatoes Cole Slaw	<b>Pot Roast w/ Gravy</b> Scalloped Potatoes Grilled Zucchini
<b>Chicken Florentine</b> Mashed Potatoes Roasted Vegetables	<b>BBQ Beef Brisket</b> Rice & Beans Fresh Julienne Vegetables	<b>Bacon Wrapped Petite Filet</b> Roasted Potato Wedge Asparagus w/ Red Pepper	<b>Wentworth Seafood Plate</b> Potato Salad Cole Slaw	<b>BBQ Chicken Wings</b> Macaroni Salad Corn Cobettes	<b>Grilled Turkey Tips</b> Sweet Potatoes Haricot Verts	<b>Pork Tenderloin</b> Scalloped Potatoes Grilled Zucchini
Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach Dessert of the Day Sugar Free Dessert	Roll Spinach 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 Noodle Soup	Chicken Noodle Soup	Clam Chowder	Chilled Watercress Soup	Sausage Pepper & Potato Soup	Fish Chowder	Tomato Florentine Soup
<b>Cheese Tortellini w/ Pesto Sauce</b> Iceberg Wedge	<b>Pork Chop w/ Gravy</b> Steamed Brown Rice Sautéed Fresh Greens	<b>Stuffed Peppers</b> Carrot Raisin & Pineapple Salad Zucchini & Yellow Squash	<b>Patty Melt</b> Homemade Potato Chips Cole Slaw	<b>Coconut Shrimp</b> Potato Du Jour Italian Green Beans	<b>Baked Ziti w/ Meat Sauce</b> Broccoli	<b>Franks &amp; Beans</b> Brown Bread Cole Slaw
<b>Fried Chicken Quarters</b> German Potato Salad Roasted Cherry Tomatoes	<b>Turkey Melt</b> Potato Chips Sautéed Fresh Greens	<b>Monte Cristo Sandwich</b> Carrot Raisin & Pineapple Salad Zucchini & Yellow Squash	<b>Caesar Salad w/ Chicken</b> Roll	<b>Chicken Meatballs w/ Honey Mustard Glaze</b> Potato Du Jour Italian Green Beans	<b>Italian Sausage Grinder</b> Pasta Salad Broccoli	<b>Italian Deli Sandwich</b> Carrot & Raisin Salad
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 10/27/2019

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Fried Eggs</b> Bacon Danish	<b>Scrambled Eggs</b> Bacon	<b>Cheese Omelet</b> Home Fried Potatoes Sausage	<b>Pancakes</b> Bacon	<b>Scrambled Eggs</b> Canadian Bacon	<b>Waffle</b> Bacon Assorted Donuts	<b>Spanish Scrambled Eggs</b> Corned Beef Hash
<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Black Bean Soup Happy Cinco de Mayo <b>Honey Baked Ham</b> Au Gratin Potatoes Roasted Beets <b>Tequila Lime Chicken</b> Au Gratin Potatoes Roasted Beets Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Split Pea & Ham Soup <b>Fresh Fish of the Day</b> Garden Brown Rice Buttered Cauliflower <b>London Broil w/ Gravy</b> Garden Brown Rice Buttered Cauliflower Roll Carrots Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Beef & Rice <b>Shake N' Bake Chicken Thighs</b> Creamy Mashed Potatoes Broccoli & Red Peppers <b>Braised Lamb Shanks</b> Creamy Mashed Potatoes Broccoli & Red Peppers Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Gazpacho <b>Grilled Lemon Dill Salmon</b> Herbed Rice Creamed Spinach <b>Roasted Pork Ribs w/ BBQ Sauce</b> Herbed Rice Creamed Spinach Corn Bread Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Chicken Noodle Soup <b>Pot Roast w/ Gravy</b> Baked Potato Garlic & Tomato Kale <b>Chicken Alfredo</b> Fettuccini Garlic & Tomato Kale Roll Carrots Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Clam Chowder <b>Chicken Taco</b> Spanish Rice & Beans Zucchini & Yellow Squash <b>Grilled Swordfish</b> Spanish Rice & Beans Zucchini & Yellow Squash Roll Carrots Dessert of the day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Bean Soup <b>Meat &amp; Cheese Lasagna</b> Macaroni Salad Carrots <b>Grilled Turkey Tips w/ Gravy</b> Macaroni Salad Carrots Garlic Bread Carrots Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Black Bean Soup <b>Meatball Sub</b> Spanish Rice <b>Chicken Quesadilla</b> Spanish Rice Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Split Pea & Ham Soup <b>Stuffed Shells</b> Garlic Bread Broccoli Slaw <b>Grilled Ham &amp; Cheese</b> Broccoli Slaw Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Beef & Rice <b>Shrimp Cocktail Plate</b> Homemade Potato Chips Pickled Beet Salad <b>Greek Chicken Wrap</b> Homemade Potato Chips Pickled Beet Salad Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Gazpacho <b>Tuna &amp; Egg Salad Plate</b> Roll Pineapple Cottage Cheese <b>Monte Cristo Sandwich</b> Pineapple Cottage Cheese Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Chicken Noodle Soup <b>Pork Chop w/ Gravy</b> Waffle Fries Green Beans <b>Turkey Burger</b> Waffle Fries Green Beans Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Clam Chowder <b>Fish &amp; Chips</b> Onion Rings Broccoli Bacon Salad <b>Roast Beef Melt</b> Onion Rings Broccoli Bacon Salad Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Bean Soup <b>Hot Dogs &amp; Beans</b> Brown Bread Coleslaw <b>Chicken A La King</b> Tossed Salad Dessert of the Day Sugar Free Dessert



**Wentworth Senior Living Dining Selections week of 11/3/2019**

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>Fried Eggs</b> Sausage Danish	<b>French Toast w/ Fruit Topping</b> Sausage Patties	<b>Scrambled Eggs</b> Corned Beef Hash Cinnamon Donuts	<b>Strata</b> Canadian Bacon	<b>Apple Spiced Pancakes</b> Hash Brown Potatoes	<b>Ham Omelet</b> Bacon Homefries	<b>Scrambled Eggs</b> Sausage Pattie Scone
<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Tomato Basil Soup <b>Happy Mother's Day</b> <b>Beef Tenderloin w/ Gravy</b> Roasted Fingerling Potatoes Broccoli & Red Peppers <b>Stuffed Sole</b> Roasted Fingerling Potatoes Broccoli & Red Peppers  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Turkey Vegetable Soup  <b>Crab Cakes</b> Confetti Rice Carrots  <b>Chinese Pepper Steak</b> Confetti Rice Carrots  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Beef & Rice Soup  <b>Italian Sausage Sub w/ Onions &amp; Peppers</b> Homemade Potato Chips Cole Slaw  <b>Foot Long Hot Dogs</b> Homemade Potato Chips Cole Slaw  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Broccoli & Cheese Soup  <b>Pan Seared Duck Breast</b> Jasmine Rice Asian Blend Vegetables  <b>Sweet &amp; Sour Pork</b> Jasmine Rice Asian Blend Vegetables  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Mushroom Barley Soup  <b>Kielbasa w/ Apples &amp; Onions</b> Baked Sweet Potatoes Sliced Beets  <b>Shrimp Scampi</b> Linguine Pasta Sliced Beets  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Clam Chowder  <b>Seafood Newburg</b> Mashed Potatoes Vegetable Medley  <b>Chicken Florentine</b> Mashed Potatoes Vegetable Medley  Broccoli Roll Dessert of the Day Sugar Free Dessert	<b>Lunch</b> Fresh Garden Salad Fresh Fruit Salad Chicken & Rice Soup  <b>Haddock w/ Crumb Topping</b> Herbed Rice Pilaf Corn  <b>Lemon Rosemary Turkey</b> Herbed Rice Pilaf Corn  Broccoli Roll Dessert of the Day Sugar Free Dessert
<b>Dinner</b> Tomato Basil Soup  <b>Macaroni &amp; Cheese</b> Stewed Tomatoes  <b>Sloppy Joes</b> Jo Jo Fries Peas & Onions  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Turkey Vegetable Soup  <b>Cranberry Chicken Salad Plate</b> Roll  <b>Fish Nuggets</b> French Fried Potatoes Broccoli  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Beef & Rice Soup  <b>Fried Chicken</b> Mashed Potatoes w/ Gravy Green & Waxed Beans <b>Tuna &amp; Egg Salad Plate</b> Green & Waxed Beans  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Broccoli & Cheese Soup  <b>Beef Teriyaki Skewers</b> Lo Mein Noodles Bok Choy & Napa Cabbage <b>Chef's Salad</b> Roll  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Mushroom Barley Soup  <b>Cheese Ravioli</b> Garlic Bread Caesar Salad <b>Chicken Meatball w/ Honey Mustard Glaze</b> Potato Du Jour Peas Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert	<b>Dinner</b> Clam Chowder  <b>Chicken Bacon Ranch Sandwich</b> Homemade Potato Chips Cucumber Dill Salad <b>Tuna Melt</b> Homemade Potato Chips Cucumber Dill Salad  Baked Chicken or Fish *Always Available Menu Dessert of the day Sugar Free Dessert	<b>Dinner</b> Chicken & Rice Soup  <b>Franks &amp; Beans</b> Brown Bread Cole Slaw <b>Chicken A La King w/ Biscuit</b> Tossed Salad  Baked Chicken or Fish *Always Available Menu Dessert of the Day Sugar Free Dessert



### Wentworth Senior Living Dining Selections Week of 11/10/2019

<b>SUNDAY</b> <i>Breakfast</i>	<b>MONDAY</b> <i>Breakfast</i>	<b>TUESDAY</b> <i>Breakfast</i>	<b>WEDNESDAY</b> <i>Breakfast</i>	<b>THURSDAY</b> <i>Breakfast</i>	<b>FRIDAY</b> <i>Breakfast</i>	<b>SATURDAY</b> <i>Breakfast</i>
<b>French Toast</b> Sausage Danish	<b>Quiche du Jour</b> Home Fried Potatoes	<b>Scrambled Eggs</b> Biscuits w/ Sausage & Gravy	<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 Broccoli & Cheese Soup  <b>Turkey Dinner w/ Gravy</b> Mashed Potatoes Butternut Squash  <b>Ham Steak w/ Rasin Sauce</b> Mashed Potatoes Butternut Squash  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Tomato Florentine Soup  <b>Corned Beef</b> Boiled Potatoes Cabbage Carrots  <b>Chicken Cordon Bleu</b> Boiled Potatoes Cabbage Carrots Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Barley Soup  <b>Pork Tenderloin</b> Parmesan Risotto Kales  <b>Fresh Fish of the Day</b> Parmesan Risotto Kales  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Vegetable Beef Soup  <b>Meatloaf w/ Gravy</b> Mashed Potatoes w/ Gravy Zucchini & Yellow Squash  <b>Shrimp &amp; Scallop a la Vodka</b> Linguine Pasta Zucchini & Yellow Squash  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Italian Wedding Soup  <b>Turkey a la King</b> Jasmine Rice Corn & Red Pepper Salad  <b>Chicken Alfredo</b> Linguine Pasta Corn & Red Pepper Salad  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Seafood Chowder  <b>Stuffed Peppers</b> Oven Roasted Potatoes Fresh Julienne Vegetables  <b>Lobster Ravioli</b> Fresh Julienne Vegetables  Green Beans Roll Dessert of the Day Sugar Free Dessert	<i>Lunch</i> Fresh Garden Salad Fresh Fruit Salad Turkey Noodle Soup  <b>Cocnut Shrimp</b> Almond Rice Pilaf Sauteed Baby Spinach  <b>Grilled Ginger Soy Beef Tips</b> Almond Rice Pilaf Sauteed Baby Spinach  Green Beans Roll Dessert of the Day Sugar Free Dessert
<i>Dinner</i> Broccoli & Cheese Soup  <b>Seafood Salad Roll</b> Sweet Potato Tots Spinach  <b>Chicken Kabob</b> Sweet Potato Tots Spinach  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Tomato Florentine Soup  <b>Beef &amp; Broccoli</b> Jasmine Rice Oriental Vegetables  <b>Egg Salad on a Croissant</b> Pasta Salad Pickled Beef Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Barley Soup  <b>Open Faced Turkey Sandwich</b> Mashed Potatoes w/ Gravy Peas & Carrots  <b>Herb Seared Salmon Salad</b> Roll  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Vegetable Beef Soup  <b>Lobster Sliders</b> French Fried Potatoes Apple Cole Slaw  <b>BBQ Chicken</b> French Fried Potatoes Apple Cole Slaw  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Italian Wedding Soup  <b>Ham Salad Sandwich</b> Italian Green Beans  <b>American Chop Suey</b> Italian Green Beans  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Seafood Chowder  <b>Pizza-Cheese-Veggie or Pepperoni</b> Tossed Salad  <b>Tuna Melt</b> Tossed Salad  Dessert of the Day Sugar Free Dessert	<i>Dinner</i> Turkey Noodle Soup  <b>Hot Dog</b> Brown Bread Baked Beans  <b>Grilled Turkey &amp; Swiss</b> Cole Slaw  Dessert of the Day Sugar Free Dessert