

# *Cypress Glen*

## *Your Weekly Menu*

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**July 25 – 31**

—: Dining Hours :—

*Lunch*

11:30 AM — 1:15 PM

*Dinner*

1st Seating: 5:00 PM — 6:15 PM

2nd Seating: 6:15 PM — 7:15 PM

—: For Lunch Carry-out Service :—

*Please call 7095 before 10:00 AM*

—: For Dinner Carry-out Service :—

*Please call 7095 before 4:00 PM*

♥ *(Heart Healthy Menu item.)*

GF *(Gluten Free Menu item.)*

*BRENT RIGGS, Director of Dining Services*

*MARK DAVIES, Executive Chef*

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# Weekly Menu for

JULY 25 – 31

## APPETIZERS

Smoke Salmon Plate

Pimento Sausage Dip

:::

*Available at each meal*

Baked Chicken GF

Mashed Potatoes GF

Baked Potato GF

Baked Sweet Potato GF

Fresh Vegetable Sauté GF

French Fries

:::

*à La Carte Menu*

◆ **Hamburger**

◆ **Cheeseburger**

**Grilled Chicken Sandwich**

◆ **Filet Mignon GF**

An upcharge will be applied in addition to the meal charge for a Filet

4oz Filet — \$5.75

6 oz Filet — \$6.75

◆ Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs could increase your risk for food-borne illness.

◆ Some food items and ingredients may contain allergens.

## FRESH CATCH OF THE WEEK

: **CATFISH** :

:::

: **DAILY BREAKFAST ITEMS** :

Cereals, Assorted

Bacon GF

Biscuits

Scrambled Eggs GF

Fruit Bar GF

Grits GF

Oatmeal GF

Sausage Patties GF

Toast

Turkey Sausage GF

:::

## *Always Available Ice Cream Flavors*

*Butter Pecan GF*

*Cappuccino Crunch GF*

*Chocolate GF*

*Vanilla Moose Tracks GF*

*Peach GF*

*Strawberry GF*

*Vanilla GF*

Sunday, July 25

: **BREAKFAST SPECIAL** :

:

**Blueberry Pancakes**

: **LUNCH** :

Spring Vegetable Soup ♥

Cream of Mushroom Soup ♥

:

Seven Layer Salad GF

:

**Grilled Salmon w/ Lemon Sesame Sauce GF**

Fried Chicken

:

Steamed Asparagus ♥ GF

**Smashed Potatoes ♥ GF**

Buttered Broccoli GF

:

Tiramisu

: **DINNER** :

Spring Vegetable Soup ♥

Cream of Mushroom Soup ♥

:

Seven Layer Salad GF

:

Barbecued Pork Chop ♥ GF

Berry Turkey Salad GF

:

Baked Beans GF

Buttered Broccoli GF

:

Strawberry Cream Pie

Monday, July 26  
: BREAKFAST SPECIAL :

:  
**Waffles w/ Fruit Topping**

: LUNCH :

**Chicken Spinach Soup GF**

Spring Vegetable Soup ♥

:

Pear & Gorgonzola Salad GF

:

BLT & Avocado Sandwich

Maryland Style Crab Cake

:

Baked Sweet Potato ♥ GF

Cucumber Onion Salad GF

Remoulade Slaw GF

:

Lemon Chess Pie

: DINNER :

**Chicken Spinach Soup GF**

Spring Vegetable Soup ♥

:

Pear & Gorgonzola Salad GF

:

**Veal Scallopini**

**Smoked Paprika Turkey Breast**

♥GF

:

Angel Hair Pasta ♥

**Italian Vegetable Medley ♥ GF**

Julienne Carrots ♥ GF

:

Chocolate Mousse Cake

Tuesday, July 27  
: BREAKFAST SPECIAL :

:  
**Creamed Chipped Beef**

: LUNCH :

Pasta Fagioli Soup

Corn Chowder

:

Creamy Cucumber Salad GF

:

**Fried Chicken**

Beef Soft Tacos

:

Spanish Rice GF

Cantina Corn ♥ GF

Fresh Green Beans ♥ GF

:

**Pound Cake w/ Crème**

: DINNER :

Pasta Fagioli Soup

Corn Chowder

:

Creamy Cucumber Salad GF

:

**Bourbon Roasted Pork Loin ♥ GF**

Fried Chicken

:

Macaroni & Cheese

**Lyonnais Green Beans ♥ GF**

Brussels Sprouts w/ Garlic &

Ginger ♥ GF

:

Peach Pie

Wednesday, July 28  
: BREAKFAST SPECIAL :

:  
**Cheese Biscuits**

: LUNCH :

Vegetable Quinoa Soup GF

Creamy Onion Soup

:

Carrot Raisin Salad GF

:

**Mediterranean Seafood  
Ragout GF**

Trio Salad Plate — Egg,

Chicken & Macaroni

:

Rice Pilaf ♥ GF

Buttered Squash GF

:

**Chocolate Chess Pie**

: DINNER :

Vegetable Quinoa Soup GF

Creamy Onion Soup

:

Carrot Raisin Salad GF

:

**Beef Lasagna**

Maple Glazed Duck Breast GF

:

Sauteed Napa Cabbage ♥ GF

**Roasted Fingerling Potatoes**

♥ GF

Peas & Pearl Onions ♥ GF

:

Marbled Raspberry Brownie

Thursday, July 29  
: BREAKFAST SPECIAL :

:  
**Egg & Cheese Croissant**

: LUNCH :

*New England Clam Chowder*  
*Vegetable Quinoa Soup GF*

:  
*Chickpea Panzanella*

:  
*Croque Monsieur Strata*  
*Grilled Vegetable Sandwich*

:  
*Parslied Cauliflower ♥ GF*  
*Three Bean Pasta Salad ♥ GF*

:  
*Sweet & Tangy Fruit Cup GF*

: DINNER :

*New England Clam Chowder*  
*Vegetable Quinoa Soup GF*

:  
*Chickpea Panzanella*

:  
*Chicken Florentine*

:  
*Prime Rib GF Au Jus*

:  
*Wild Rice Blend GF*

:  
*Rainbow Carrots ♥ GF*  
*Sauteed Mixed Squash ♥ GF*

:  
*Tiramisu Trifle*

Friday, July 30  
: BREAKFAST SPECIAL :

:  
**French Toast**

: LUNCH :

*Fish Chowder*  
*Chicken & Rice Soup*

:  
*Country Tomato Salad ♥ GF*

:  
*Beef Lo Mein ♥*

:  
*Turkey Wrap Sandwich*

:  
**Stir Fry Vegetables ♥ GF**  
*Homestyle Potato Salad ♥ GF*  
**Egg Roll**

:  
*Banana Pudding*

: DINNER :

*Fish Chowder*  
*Chicken & Rice Soup*

:  
*Country Tomato Salad ♥ GF*

:  
**Fried Fish**

:  
**BBQ baby Back Ribs GF**

:  
*Roasted Fresh Beets ♥ GF*

:  
*Macaroni & Cheese*  
*Broccoli Slaw ♥ GF*

:  
*Blueberry Lemon Trifle*

Saturday, July 31  
: BREAKFAST SPECIAL :

:  
**Cinnamon Rolls**

: LUNCH :

*Southwestern Corn Soup*  
*Country Lima Bean Soup ♥*

:  
*Country Tomato Salad ♥ GF*

:  
*Pasta Pomodoro ♥*

:  
*Steak & Bleu Cheese Salad GF*

:  
*Buttered Spinach GF*

:  
*Butterscotch Pudding GF*

: DINNER :

*Southwestern Corn Soup*  
*Country Lima Bean Soup ♥*

:  
*Country Tomato Salad ♥ GF*

:  
**Balsamic Glazed Chicken GF**

:  
**Lamb Kabob GF**

:  
*New Potatoes w/ Roasted*  
*Garlic GF*

:  
*Garden Vegetable Sauté ♥ GF*  
*Seasoned Butter Beans ♥ GF*

:  
*Dutch Apple Pie*