



THE GROVE DINING ROOM

at Kellogg Assisted Living

BREAKFAST

Always Available: Hot Cereal | Cold Cereal | Fruit | Eggs | Bacon | Toast

Breakfast Specials: MONDAY | Mushroom & Cheddar Scramble • TUESDAY | Banana Pancake
WEDNESDAY | Ham & Cheese Quiche • THURSDAY | French Toast
FRIDAY | Ham, Egg and Cheese on a Croissant • SATURDAY | Waffles • SUNDAY | Biscuits & Gravy

Heart Healthy: 1 Egg of choice with Fresh Fruit and Wheat Toast

Reduced Gluten (GF): MONDAY | Mushroom & Cheddar Scramble • TUESDAY | Eggs any style with Bacon and GF
Toast WEDNESDAY | Eggs any style with Bacon and GF Toast • THURSDAY | Eggs any style with Bacon and GF Toast
FRIDAY | Ham, Egg and Cheese on GF Toast • SATURDAY | Eggs any style with Bacon and GF Toast
SUNDAY | Eggs any style with Bacon and GF Toast

LUNCH

Salad: Caprese Salad with Bread of the Day (GF available upon request)

Entrees:

MONDAY | Chicken Creole OR Sweet and Sour Soup with Broccoli OR Asparagus and Brown Rice
TUESDAY | Spaghetti & Meatballs OR Stuffed Portobello with Spinach OR Broccoli and Basmati Rice
WEDNESDAY | Beef Pot Roast OR Baked Salmon with Lemon and Tarter Sauce with Roasted Baby Carrots
OR Spinach and Mashed Potatoes
THURSDAY | Shepards Pie OR Hunters Pork with Green Beans OR Asparagus
FRIDAY | Roast Chicken OR Shrimp Scampi with Peas and Carrots OR Broccoli
SATURDAY | Meatloaf OR Baked Rockfish Parmesan with Buttered Carrots OR Peas
SUNDAY | Skirt Steak OR Tortellini with Tomato Sauce with Asparagus OR Buttered Carrots

Heart Healthy & Reduced Gluten Entrees:

MONDAY | Sweet & Sour Shrimp with Broccoli and Brown Rice
TUESDAY | Cauliflower Potato Curry with Spinach and Basmati Rice
WEDNESDAY | Baked Salmon with Lemon & Tartar Sauce, Roasted Baby Carrots and Mashed Potatoes
THURSDAY | Pork Tenderloin with Mushrooms, Green Beans and Baked Potato
FRIDAY | Roast Chicken Breast with Peas, Carrots, and Brown Rice
SATURDAY | Baked Rockfish with Buttered Carrots and Quinoa Pilaf
SUNDAY | Lean Beef Steak with Green Beans and Mashed Potatoes

Dessert: MONDAY | Cheesecake • TUESDAY | Flourless Chocolate Torte • WEDNESDAY | Cherry Crisp
THURSDAY | Éclair • FRIDAY | Apple Pie • SATURDAY | Strawberry Shortcake • SUNDAY | Carrot Cake