

DINING ROOM ONE:
 Breakfast: 7:30 AM - 9:30 AM
 Lunch: 11:30 AM - 1:30 PM
 Dinner: 4:30 PM - 6:30 PM

DINING ROOM TWO:
 Breakfast: 8:30 AM - 9:30 AM
 Lunch: 11:30 AM - 1:30 PM
 Dinner: 4:30 PM - 6:00 PM

DINING ROOM THREE:
 Breakfast: 7:30 AM - 9:30 AM
 Lunch: 12:00 PM - 1:30 PM
 Dinner: 4:30 PM - 6:00 PM

 Heart Healthy Choice-




























































































 Gluten Free Choice-

 Low Sodium Choice-

Always Available Beverages:

Coffee | Hot Tea | 2% Milk | Assorted Juices

8 COMPASS POINT MENU

Monday 1/14/19	Tuesday 1/15/19	Wednesday 1/16/19	Thursday 1/17/19	Friday 1/18/19	Saturday 1/19/19	Sunday 1/20/19
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Sandwich   Choice of Egg   Fruit Cup	Waffles  Bacon   Choice of Egg   Chilled Peaches	 Omelets Dining Room  Bacon   Choice of Egg   Fresh Banana	 Omelets Dining Room  Sausage Link   Choice of Egg   Chilled Fruit Cocktail	 Omelets Dining Room  Breakfast Ham   Choice of Egg   Mandarin Oranges	Denver Scrambled  Bacon   Choice of Egg  Apple Sauce	French Toast Bake  Sausage Link   Choice of Egg   Chilled Fruit Cocktail
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Beer Cheese Soup --- Entrées ---  Seafood Linguini or Country Fried Steak --- Sides ---  Corn  Mashed Potatoes Garlic Crostini --- Dessert ---   Vanilla Pudding	 Roasted Tomato Soup --- Entrées --- Louisiana Crab Melt or German Sausage Plate --- Sides --- Mustard Spätzle  Cabbage Potato Chips --- Dessert --- Blueberry Pie	 Vegetable --- Entrées --- Swedish Meatballs or Tilapia with Mango Salsa --- Sides --- Egg Noodles  Cilantro Rice  Caribbean Blend --- Dessert --- Chocolate Bread Pudding	Chicken Noodle --- Entrées --- Patty Melt or Gyro on Pita --- Sides ---  Cucumber and Tomato French Fries --- Dessert ---  Fresh Berry Cheesecake	 Smoked gouda and red pepper --- Entrées --- Liverwurst Sandwich or Fried Cod --- Sides ---  Potato Salad   Carrots --- Dessert ---   Jell-O Parfait	 Stuffed Peppers --- Entrées --- Sloppy Joes or  Bacon & Cheese Quiche --- Sides ---  Watermelon Muffin --- Dessert --- Pecan Pie	Beef & Barley Soup --- Entrées ---  Glazed Ham or BLT --- Sides --- Scalloped Potatoes  Buttered Carrots --- Dessert --- Peach Crisp
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Beer Cheese Soup or House Salad --- Entrées --- Baked Salmon or Chicken Cordon Bleu --- Sides ---   Wild Rice Blend   Chef Vegetables --- Dessert --- Boston Cream Pie	 Roasted Tomato Soup & Three Bean Salad --- Entrées ---  Grilled BBQ Chicken Thigh or Pot Roast --- Sides ---   Potato Wedges   Chef Vegetables --- Dessert --- Peanut Butter Brownies	 Vegetable Soup or Veggies & Dip --- Entrées --- Sweet Italian Sausage or Bacon Wrapped Pork Loin --- Sides --- Garlic Bread   Creamed Spinach Garlic Pasta --- Dessert --- Cherry Pie ala Mode	Chicken Noodle or Pistachio Fluff --- Entrées ---  Grilled Steak w/Onions or  Smothered Chicken --- Sides ---   Broccoli w/ Hollandaise Sauce  Brown Sugar Yams --- Dessert ---  Double Chocolate Sundae	 Smoked Gouda and Red Pepper or Marinated Tomato Salad --- Entrées --- Grilled Chicken Caesar Salad or Fried Perch --- Sides ---   Apple Sauce Potato Pancake   Creamy Coleslaw --- Dessert --- French Silk Pie	 Stuffed Pepper Soup or Garden Salad --- Entrées ---  Open Faced Shredded Hot Turkey or Bacon BBQ Burger --- Sides ---  Mashed Potatoes   Asparagus Dinner Rolls --- Dessert --- Blueberry Buckle	Beef & Barley Soup or 7 layer salad --- Entrées --- Chili Dog or  Goulash --- Sides --- Dinner Roll   Tea Rice Tater Tots --- Dessert --- Apple Pie