

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

3 COMPASS POINT MENU

Monday 2/4/19	Tuesday 2/5/19	Wednesday 2/6/19	Thursday 2/7/19	Friday 2/8/19	Saturday 2/9/19	Sunday 2/10/19
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Bagel Sandwich GF Sausage Link GF ♥ Choice of Egg GF ♥ Fruit Cup	Waffles GF Bacon GF ♥ Choice of Egg GF ♥ Chilled Peaches	GF Omelets Dining Room GF Bacon GF ♥ Choice of Egg GF ♥ Tropical Fruit Sour Cream Coffee Cake	GF Omelets Dining Room GF Sausage Link GF ♥ Choice of Egg GF ♥ Chilled Fruit Cocktail Danish	GF Omelets Dining Room GF Breakfast Ham GF ♥ Choice of Egg GF ♥ Mandarin Oranges French Toast	Donuts GF Bacon GF ♥ Choice of Egg GF ♥ Chilled Pears	♥ English Muffin GF Sausage Link GF ♥ Choice of Egg GF ♥ Mandarin Oranges
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken & Wild Rice Soup --- Entrées --- 5 Cheese Lasagna or GF Mongolian Beef --- Sides --- GF ♥ Fresh Fruit Slices GF ♥ Rice Pilaf Garlic Bread --- Dessert --- Blueberry Pie	Minestrone --- Entrées --- GF Lemon Pepper Cod or BBQ Pulled Pork --- Sides --- Potato Wedges GF Broccoli Romano Slaw --- Dessert --- French Silk Pie	French Onion --- Entrées --- Bacon Mac & Cheese or Ham Steak --- Sides --- Mashed Sweet Potatoes GF ♥ Asparagus --- Dessert --- Pistachio Bars	GF ♥ Lentil Soup --- Entrées --- Egg Salad Croissant or Loaded Baked Potato Seasonal Fresh Fruit Salad --- Sides --- Veggies and Dip --- Dessert --- Vanilla Cake	Potato Corn Chowder --- Entrées --- Philly Beef Cassaroll or Broccoli & Cheese Quiche --- Sides --- Muffin Seasoned Peas --- Dessert --- Pecan Bars	GF ♥ Beef Vegetable --- Entrées --- Beef Brisket or Scalloped Potatoes & Ham --- Sides --- Chef Blend Vegetables Honey Corn Bread Roasted Red Potatoes --- Dessert --- Lemon Bars	Cream of Asparagus --- Entrées --- Turkey w/ Stuffing or Brat & Kraut --- Sides --- GF ♥ Cranberry Sauce GF ♥ Green Beans Mashed Potatoes w/ Gravy --- Dessert --- Chocolate Cake
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
GF Chicken & Wild Rice Soup or Beet & Onion Salad --- Entrées --- French Dip or GF ♥ Cobb Salad --- Sides --- GF ♥ Potato Salad GF ♥ Roast Power Blend Dinner Roll --- Dessert --- Brownie	Minestrone or Caesar Salad --- Entrées --- Fish Sandwich or Chicken Alfredo --- Sides --- Onion Rings GF ♥ Baby Carrots Mashed Potatoes --- Dessert --- Cheesecake	French Onion or Jell-O Salad --- Entrées --- Chicken B.L.T. Wrap or Breaded Shrimp --- Sides --- GF ♥ Mixed Vegetables GF ♥ Fresh Fruit --- Dessert --- Key lime Pie	GF Lentil Soup or Asian Salad --- Entrées --- Sweet & Sour Chicken or Glazed Ham Loaf --- Sides --- GF ♥ Succotash GF ♥ Fried Rice Au Gratin Potato --- Dessert --- Ice Cream Sundae	Spring Salad or Potato Corn Chowder --- Entrées --- Fish Fry or Chicken & Broccoli Tot Casserole --- Sides --- Potato Pancake GF ♥ Coleslaw Brussel Sprouts --- Dessert --- Apple Pie	GF Beef Veg Soup or Cauliflower & Broccoli Salad --- Entrées --- Mushroom Swiss Burger or Cheese Stuffed Shells --- Sides --- Garlic Bread Sweet Potato Wedges Chef Blend Vegetables --- Dessert --- Frosted Spice Cake	Cream of Asparagus or Spinach and Artichoke dip --- Entrées --- London Broil w/ Roll or Liverwurst, Mayo, Onion, Sandwich --- Sides --- GF ♥ Baked Potato GF ♥ Fresh Steamed Cauliflower Cucumber Tomato Salad --- Dessert --- Strawberry Rhubarb Pie