

# SAMPLE MENU

## COVILLE ASSISTED LIVING & MEMORY CARE

### Breakfast

### Lunch

### Dinner

**Sun**

Hot or Cold Cereal  
Eggs Made-to-Order  
Toast  
Pancakes or Waffles  
Herring  
Coffee, Tea & Juice

Garden Salad  
Pizza  
Bread Sticks  
Ice Cream

Garden Salad  
Roasted Chicken  
Vegetables  
Potatoes  
Dessert

**Mon**

Hot or Cold Cereal  
Eggs Made-to-Order  
Toast  
Pancakes or Waffles  
Herring  
Coffee, Tea & Juice

Cream of Mushroom  
Tuna Platter or  
Sandwich  
Sliced Vegetables  
Potato Chips  
Fresh Fruit

Butternut Squash Soup  
Asian Kale Salad  
Sweet & Sour Turkey  
Meatballs or Beef Stir Fry  
Zucchini  
Brown Rice  
Fortune Cookies

**Tue**

Hot or Cold Cereal  
Eggs Made-to-Order  
Toast  
Pancakes or Waffles  
Herring  
Coffee, Tea & Juice

Cabbage Soup  
Greek Salad  
Spinach Mushroom  
Quiche  
Chocolate Chip  
Cookies

Sausage & Gnocchi Soup  
House Salad  
Krab Salad with Roll or  
Chicken Tenders &  
Waffles  
Lima Beans  
Sweet Potato Fries  
Blueberry Muffin

**Wed**

Hot or Cold Cereal  
Eggs Made-to-Order  
Toast  
Pancakes or Waffles  
Herring  
Coffee, Tea & Juice

Vegetable Soup  
Israeli Salad  
Glazed Salmon  
Kasha & Bowties  
Fruit Salad

Fish Chowder Soup  
Hummus & Pita  
Breaded Eggplant with  
Orzo or  
Beef Kafta with Rice  
Spinach  
Pie





## Breakfast

## Lunch

## Dinner

**Thu**

Hot or Cold Cereal  
Eggs Made-to-Order  
Toast  
Pancakes or Waffles  
Herring  
Coffee, Tea & Juice

White Bean Soup  
Stuffed Shells  
Steamed Vegetables  
Sorbet

Vegetable Soup  
House Salad  
French Dip Sandwich or  
Turkey Club Wrap  
Cucumber Salad  
Potato Chips  
Grapes

**Fri**

Hot or Cold Cereal  
Eggs Made-to-Order  
Toast  
Pancakes or Waffles  
Herring  
Coffee, Tea & Juice

Lox Platter with  
Assorted Vegetables  
Choice of Onion Roll  
or Bagel  
Cookies

Kreplach Soup  
Artichoke & Olive Salad  
Chicken Marsala with  
Couscous or  
Beef Pot Pie  
Carrots  
Brownie

**Sat**

Hot or Cold Cereal  
Toast  
Pancakes or Waffles  
Herring  
Coffee, Tea & Juice

Garden Salad  
Beef Stew  
Mashed Potatoes  
Vegetables  
Dessert

Garden Salad  
Stuffed Cabbage  
Rice  
Vegetables  
Dessert