

# ALWAYS AVAILABLE MENU



*Our chefs are constantly introducing new menus for our residents.  
Below is a sampling of menu items our residents enjoy daily.*

## BREAKFAST



### **Cream of Wheat or Oatmeal**

#### **Apple Cinnamon Pancakes with Syrup**

Fluffy apple and cinnamon infused pancakes served with sausage and fresh fruit salad

#### **Belgian Waffles with Berry Sauce**

Homemade Belgian waffles topped with sweet berry sauce served with sausage and fresh fruit salad

#### **Zesty Orange French Toast with Berry Sauce**

Orange infused French toast topped with sweet berry sauce served with sausage and fresh fruit salad



### **Veggie Omelet**

Omelet with onion, peppers, tomato and cheddar cheese served with toast, Canadian bacon and fresh fruit salad



### **Vegetable Scramble**

Eggs scrambled to perfection with onions and peppers served with toast, Canadian bacon and fresh fruit salad


### **Eggs Benedict**

English muffin topped with choice of ham or bacon, poached eggs and hollandaise sauce served with Canadian bacon and fresh fruit salad

### **Egg Croissant Sandwich**

Toasted flaky croissant topped with a fried egg and cheddar cheese served with Canadian bacon and fresh fruit salad

### **Heart Healthy Options**

This heart healthy symbol  indicates a low-fat, low-sodium and low-cholesterol item.

# ALWAYS AVAILABLE MENU



## SOUP

Chicken Chowder

Fish Chowder

Tomato Basil

 Butternut Squash

 Cauliflower

 Cream of Mushroom

 Vegetable Noodle


## SALAD

 Fresh Salad Bar

Mixed greens, spinach, black olives, broccoli, carrots, celery, cherry tomatoes, crumbled egg, cucumber, mushrooms, red onion, sweet peppers, shredded cheddar and mozzarella cheese

*Dressings: Blue Cheese, Balsamic Vinaigrette, Raspberry Vinaigrette, French, Honey Mustard, Italian, Light Italian, Ranch*

### Heart Healthy Options

This heart healthy symbol  indicates a low-fat, low-sodium and low-cholesterol item.

# ALWAYS AVAILABLE MENU

 THE WATERMARK  
AT BELLINGHAM

## ACCOMPANIMENT

Buttered Broccoli

Buttermilk Mashed Potatoes

Cranberry Coleslaw

Creamy Polenta

Delmonico Potatoes

 Dill Carrots

 Green Beans and Mushrooms

 Herbed Asparagus

 Italian Blend Veggies

 Mixed Veggies

 Peas and Pearl Onions

Pesto Corn

Spiced Sweet Potatoes


 Spinach with Garlic

 Steamed White Rice

 Veggie Orzo

 Wild Rice Blend

### Heart Healthy Options

This heart healthy symbol  indicates a low-fat, low-sodium and low-cholesterol item.

# ALWAYS AVAILABLE MENU



## FEATURED ENTRÉES

### Herb-Crusted Roast Beef

Slow-cooked beef rib rubbed with peppercorns, garlic, rosemary, parsley and olive oil served with bordelaise sauce

### Barbeque Pulled Pork Sandwich

Slow-roasted pork shredded and mixed with a tangy barbecue sauce served on a kaiser roll with pickle spear

### Beef Stroganoff

Tender pieces of beef sautéed with onion in a creamy mushroom sauce served over parslid noodles

### Turkey Meatloaf

Fresh-ground turkey seasoned and cooked to perfection served with gravy


### Cheese Ravioli

Fresh pasta filled with ricotta, mozzarella and provolone cheese drizzled with marinara sauce and served with garlic bread

### Spaghetti with Meatballs

Big, tasty beef meatballs simmered in an Italian tomato sauce served with garlic bread

### Heart Healthy Options

This heart healthy symbol  indicates a low-fat, low-sodium and low-cholesterol item.

# ALWAYS AVAILABLE MENU

 THE WATERMARK  
AT BELLINGHAM

## FEATURED ENTRÉES *(CONTINUED)*



### Citrus Turkey Breast

Roasted breast of turkey seasoned with citrus served with choice of vegetable



### Rosemary Chicken

Breast of chicken seasoned with lemon, rosemary and garlic then baked to a golden brown



### Roasted Veggie Pizza

Focaccia bread with a scrumptious pesto sauce topped with mozzarella cheese, roasted bell pepper, yellow squash and eggplant



### Lemon Baked Swai


Swai fish filet oven baked with white wine sauce



### Crumb Baked Fish Filet

Fresh filet of fish baked with lemon and bread crumbs served with tartar sauce

### Heart Healthy Options

This heart healthy symbol  indicates a low-fat, low-sodium and low-cholesterol item.

ALWAYS  
AVAILABLE  
MENU



## DESSERTS

Banana Split Ice Cream Sundae

Ice Cream (assorted flavors)

Banana Pudding

Carmel Apple Bread Pudding

Key Lime Pie

Lemon Meringue Pie

Pumpkin Pie


Pineapple Upside Down Cake

Tropical Fruit Parfait

Raspberry and Chocolate Brownie

Strawberry Mousse

### Heart Healthy Options

This heart healthy symbol  indicates a low-fat, low-sodium and low-cholesterol item.