



**THE BERNARD L. SAMSON**  
**NURSING CENTER**  
 AT MENORAH MANOR

# Sample Weekly Menu

Note: Any item can be substituted for item(s) on the daily alternative menu.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Breakfast</u>            Hot &amp; Cold Cereal Bar            Seasonal Fresh Fruit            Cheese Omelette            Pancakes            Fresh Ground Coffee            Regular or Herbal Tea            Choice of Milks            &amp; Juices</p>	<p><u>Breakfast</u>            Assorted Bagels                Breads &amp; Danish            Hot &amp; Cold Cereal Bar            Scrambled Eggs            Seasonal Fresh Fruit            Fresh Ground Coffee            Regular or Herbal Tea            Choice of Milks &amp; Juices</p>	<p><u>Breakfast</u>            Assorted Bagels                Breads &amp; Muffins            Yogurt &amp; Granola Bar            Seasonal Fresh Fruit            Fresh Ground Coffee            Regular or Herbal Tea            Choice of Milks            &amp; Juices</p>	<p><u>Breakfast</u>            Assorted Bagels                Breads &amp; Pastries            Hot &amp; Cold Cereal Bar            Scrambled Eggs            Seasonal Fresh Fruit            Fresh Ground Coffee            Regular or Herbal Tea            Choice of Milks &amp; Juices</p>	<p><u>Breakfast</u>            Assorted Bagels                Breads &amp; Muffins            Yogurt &amp; Granola Bar            Seasonal Fresh Fruit            Fresh Ground Coffee            Regular or Herbal Tea            Choice of Milks            &amp; Juices</p>	<p><u>Breakfast</u>            Assorted Bagels                Breads &amp; Danish            Hot &amp; Cold Cereal Bar            Scrambled Eggs            Seasonal Fresh Fruit            Fresh Ground Coffee            Regular or Herbal Tea            Choice of Milks &amp; Juices</p>	<p><u>Breakfast</u>            Cinnamon Oatmeal            Seasonal Fresh Fruit            French Toast &amp; Eggs            Homemade Coffee Cake            Fresh Ground Coffee            Regular or Herbal Tea            Choice of Milks            &amp; Juices</p>
<p><u>Lunch</u>            Fresh Salad            Tender BBQ Beef                Short Ribs            Homemade Baked                Beans            Southern Style Squash            Bread Pudding</p>	<p><u>Lunch</u>            Fresh Salad            Citrus Baked Chicken or                BBQ Beef Short Ribs            Rosemary Potatoes            Steamed Broccoli Crowns            Seasonal Fresh Fruit            or Cherry Tort</p>	<p><u>Lunch</u>            Fresh Salad            Grilled Salmon or                Herb Baked Chicken            Rice Pilaf            Asparagus Spears            Seasonal Fresh Fruit            or Apple Crisp</p>	<p><u>Lunch</u>            Fresh Salad            Roasted Turkey Breast or                Old Fashioned                Meat Loaf            Creamy Mashed Potatoes            Whole Green Beans            Seasonal Fresh Fruit or            Mousse</p>	<p><u>Lunch</u>            Fresh Salad            Roasted Honey Chicken            or Lemon-Thyme Perch            Confetti Rice            Glazed Baby Carrots            Seasonal Fresh Fruit or            Strudel</p>	<p><u>Lunch</u>            Fresh Salad            Egg Plant Parmesan or                Sweet &amp; Sour Tilapia            Garlic Bread            Zucchini Squash            Steamed Rice            Seasonal Fresh Fruit            or Pound Cake</p>	<p><u>Lunch</u>            Deli Day            Choice of Sub                Sandwiches            Chicken Salad                Croissant            Cinnamon Applesauce            Homemade Potato Salad            Homemade Coleslaw</p>
<p><u>Dinner</u>            Soup of the Day            Fresh Salad            Baked Tilapia Veracruz            Rice Pilaf            Three Cheese Quiche            Broccoli with                Lemon Butter            Cherry Cobbler</p>	<p><u>Dinner</u>            Soup of the Day            Fresh Salad            Cheese Blintzes w/                Applesauce/ Sour Cream            or Gefilte Fish Platter            Pickled Beet Salad            Seasonal Fresh Fruit            or Peach Pie</p>	<p><u>Dinner</u>            Soup of the Day            Fresh Salad            Bagels, Lox &amp;                Cream Cheese            or Blackened Salmon            Carrot Raisin Salad            Seasonal Fresh Fruit            or Cake</p>	<p><u>Dinner</u>            Soup of the Day            Fresh Salad            Spinach Lasagna or                Broiled Tilapia            Garlic Bread Stick            Broiled Parmesan Tomato            Fresh Mango Salsa            Cilantro Speckled Rice            Seasonal Fresh Fruit            or Cookies</p>	<p><u>Dinner</u>            Soup of the Day            Fresh Salad            Cheese &amp; Noodle Kugel            Broccoli Knish            Three-Bean Salad            Seasonal Fresh Fruit            or Berry Pie</p>	<p><u>Shabbat Dinner</u>            Matzah Ball Soup            Fresh Salad            Gefilte Fish            Miss Lucille's Brisket or                Oven Baked Chicken            Sweet Potato Tzimmes            Lemon Broccoli Florets            Seasonal Fresh Fruit or            Honey Cake</p>	<p><u>Shabbat Dinner</u>            Borsht Soup            Cheese Blintzes            Fresh Bagels, Cream                Cheese &amp; Lox            Spinach Knish            Homemade Cookies</p>