



BRIGHTVIEW SENIOR LIVING






Soups

- Minestrone Soup 
- Cream of Crab Soup
- Manhattan Clam Chowder
- Greek Lemon Chicken Soup
- Matzo Ball Soup
- Black Bean Soup 





Main Courses

- Kalamata Pork Tenderloin with Rosemary
- Citrus-Grilled Cod 
- Chicken and Quinoa Pilaf 
- Grilled Ribeye Steak with
Beurre Maître d'Hôtel 
- Halibut with Lemon Butter
- Duck à l'Orange 
- Herb-Roasted Turkey
- Shrimp and Scallop Provençal

Starch

- Baked Beans 
- Buttered Noodles
- Baked Potato 
- Yukon Gold Whipped Potatoes
- Basmati Rice 
- Baked Sweet
Potato Wedges  








Always Available

- Trio Salad 
- Fresh Fruit Salad 
- Watermelon 
- Battered French Fries
- Amish Pepper Slaw
- Cottage Cheese and Fruit 

Salads





- Italian Chopped Salad 
- Crunchy Kale Salad 
- Peach Spring Salad
- Bacon Ranch Cheddar Salad
- Wedge Salad
- Caesar Spinach Salad

Vegetables

- Collard Greens 
- French-Cut Green Beans  
- Classic Ratatouille 
- Corn on the Cob 
- Roasted Red Peppers 
- Garlic Spinach 
- Baked Squash
- Sautéed Mushrooms

Desserts

- Fresh Fruit Spring Mix 
- Ice Cream Sundae
- Pear Sorbet 
- Ice Cream
- Tiramisu
- Strawberry Shortcake

 good source of fiber  30 g carbohydrate or less per serving  low sodium  healthy brain