



ALBANY RETIREMENT VILLAGE

SAMPLE SUMMER MENU



BREAKFAST



Available options include:

eggs, oatmeal, cereal, muffins, toast, fruit, orange juice

All meals are served with a choice of coffee, tea, and water



LUNCH



MONDAY

Chicken Stew

Fresh bread

Pickled beets

Garden salad

Dessert: brownie

TUESDAY

Herb pork tenderloin

Mashed potatoes

Mixed vegetables

Dessert: macaroons

WEDNESDAY

BBQ chicken wings

Roasted potatoes

Roasted Zucchini

Dessert: Gingerbread
cake

THURSDAY

Cottage roll

Scalloped potatoes

Cabbage

Carrots

Dessert: nanaimo bar

FRIDAY

Lemon pepper fish, or
liver, tartar sauce

Fried potatoes

Green beans

Dessert: bread pudding

SATURDAY

Lasagna

Garden salad

Fresh bread

Dessert: ice cream

SUNDAY

Beef roast, gravy

Mashed potatoes

Squash

Dessert: peach pie



DINNER



MONDAY

Western sandwich

Cottage cheese

Tomato slices

Cucumber salad

Dessert: fresh fruit

TUESDAY

Macaroni and cheese

Spinach salad

Tomato slices

Dessert: blueberry tart

WEDNESDAY

Reuben Sandwich

Brown beans

Pickles

Dessert: peaches

THURSDAY

Tomato soup

Grilled cheese

Sweet pickles

Dessert: grape jello

FRIDAY

Sloppy joes

Dill pickles

Celery and Carrots

Dessert: seasonal
fresh fruit salad

SATURDAY

Deviled eggs

Bacon pinwheels

Broccoli Salad

Dessert: coconut
cream pudding

SUNDAY

Lentil soup

Tuna salad sandwich

Cucumber slices

Dessert: apple sauce