



LYNGBLOMSTEN CARE CENTER

Sample Dinner Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup of the Day	Squash fagioli	Beef barley	Broccoli cheddar	Navy bean & ham	French onion	Tortellini vegetable	Lemon chicken & rice
Entrée	• Pot roast with carrots, onions, & potatoes • Steamed broccoli • Fresh wheat roll	• Breaded cod with tartar sauce • Quinoa blend • Citrus rainbow carrots	• Creamy chicken Florentine with mushrooms & spinach over penne pasta • Warm French bread	• Meatloaf with tomato glaze • Mashed potatoes with gravy • Fresh green beans	• Kielbasa sauerkraut casserole • Roasted potatoes • Braised cabbage	• Coconut fried shrimp with sweet chili dipping sauce • Vegetable fried rice • Pea pods	• Beef stroganoff with mushrooms & sour cream over egg noodles • Steamed corn
Dessert	Baked lemon pie	Almond pear cake	Oreo pudding parfait	Black forest cake	Apple strudel	Angel food cake with fruit sauce	Cherry tart