

## DISCOVERY POINT MENU for JANUARY 2022

JANUARY Sunday 30	JANUARY Monday 31					Saturday 1
Buttermilk Pancakes Hickory Smoked Bacon – Fruit Tossed Salad / Roll	Scrambled Eggs -Sausage Links Hash Brown Patty – Fruit					Sausage Gravy over Biscuits Fruit Cup
Pot Roast with Gravy Mashed Potatoes and Gravy Corn  <i>Coconut Cream Pie or Fresh Fruit</i>	Oven Fried Chicken Potato Casserole Carrots  <i>Pudding or Fresh Fruit</i>					<b>HAPPY NEW YEAR</b> Spinach Salad / French Bread Chicken Oscar Black Eye Peas Green Bean Casserole  <i>Bread Pudding w/ Caramel or Fresh Fruit</i>
Sunday 2	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8
Buttermilk Pancakes Hickory Smoked Bacon – Fruit Cabbage Soup / Crackers	Scrambled Eggs -Sausage Links Hash Brown Patty – Fruit Peaches / Roll	French Toast Hickory Smoked Bacon – Fruit Egg Drop Soup / Crackers	Baked Vegetable Omelet Sausage Links – Fruit Tossed Salad/Garlic Breadstick	Cream of Wheat Cinnamon Roll – Fruit Cream of Carrot Soup / Crackers	Sausage Gravy over Biscuits Fruit Cup Seafood Bisque / Crackers	Poached Eggs – Sausage Patty Muffin – Fruit Tossed Salad
Shredded Chuck Roast w/ Gravy Steamed Potatoes, Carrots, Celery and Onions  <i>Peach Pie or Fresh Fruit</i>	Bone-In Chicken Thighs & Legs Macaroni and Cheese Glazed Carrots  <i>Zucchini Cake or Fresh Fruit</i>	Sweet and Sour Pork White Rice Tomato Wedges  <i>Pudding or Fresh Fruit</i>	Goulash Broccoli  <i>Apple Crisp or Fresh Fruit</i>	Beef Tips over Mashed Potatoes Green Beans  <i>Strawberry Cake or Fresh Fruit</i>	Baked Fish Rice Pilaf Stewed Tomatoes  <i>Ice Cream Treat or Fresh Fruit</i>	Sloppy Joes Seasoned Potato Wedges 3-Bean Salad Soft Ginger Cookies or Fresh Fruit
Sunday 9	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15
Cinnamon Apple Pancakes Hickory Smoked Bacon – Fruit Lucille's Cole Slaw / Roll	Corned Beef Hash Scrambled Eggs – Fruit Pea Salad / Roll	French Toast Bake Sausage Links – Fruit Chicken Tortilla Soup /Crackers	Sausage Egg Sandwich Yogurt – Fruit Potato Salad	Happy Birthday Cake Pancakes Hickory Smoked Bacon – Fruit <b>"HAPPY BIRTHDAY"</b> Split Pea Soup / Crackers Meatloaf Mashed Potatoes and Gravy Carrots	Oatmeal w/ Craisins & Walnuts Pastry – Fruit Tossed Salad / Garlic Breadsticks	Sausage Gravy over Biscuits Fruit Cup Cottage Cheese / Cornbread
Pork Tenderloin w/ Gravy Baked Yams Brussel Sprouts Chocolate Cream Pie or Fresh Fruit	Anniversary Chicken Breast Baked Potato Halves w/ SC Stewed Tomatoes  <i>Jell-O or Fresh Fruit</i>	Shredded Pork w/ Flour Tortilla Spanish Rice Refried Beans  <i>Caramel Flan or Fresh Fruit</i>	Cheeseburger Lettuce, Tomato & Pickle Baked Beans  <i>Ice Cream or Fresh Fruit</i>	Mashed Potatoes and Gravy Carrots  <i>Birthday Cake or Fresh Fruit</i>	Cheese Ravioli California Blend  <i>Peach Cobbler or Fresh Fruit</i>	Beef & Bean Chili Topped with Shredded Cheese and Diced Onions  <i>Sugar Cookies or Fresh Fruit</i>
Sunday 16	Monday 17	TACO Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22
Buttermilk Pancakes Sausage Links – Fruit Beef Barley Soup / Crackers	Scrambled Eggs -Hash Brown Patty Hickory Smoked Bacon – Fruit Tossed Salad / Roll	French Toast Sausage Links – Fruit <b>\$5 Taco Lunch in DR at 12pm</b> Egg Drop Soup / Crackers	Baked Vegetable Omelet Hickory Smoked Bacon – Fruit Broccoli Salad / Biscuits	Cream of Wheat Cinnamon Roll – Fruit Chef's Choice Soup / Cracker	Sausage Gravy over Biscuits Fruit Cup Tossed Salad / Dark Bread	Poached Eggs – Sausage Patty Cranberry Orange Muffin – Fruit Carrot Raisin Salad / Cornbread
Turkey Roast w/Cranberry Sauce Stuffing and Gravy Green Bean Almandine  <i>Cheesecake or Fresh Fruit</i>	Shepard's Pie Ground Beef, Green Beans, Carrots, Mashed Potatoes and Cheese  <i>Yum Yum Dessert or Fresh Fruit</i>	Teriyaki Chicken Thighs White Rice Japanese Vegetable Blend <i>Black Forest Cake or Fresh Fruit</i>	Ham and Potato Casserole Zucchini and Mushrooms  <i>Ice Cream or Fresh Fruit</i>	Mediterranean Chicken Roasted Red Potatoes Asparagus Pieces  <i>Jell-O w/ Fruit or Fresh Fruit</i>	Tuna Noodle Casserole Tuna, Peas and Pasta  <i>Yellow Cake w/ Chocolate Frosting or Fresh Fruit</i>	Beef Stew Beef, Potatoes, Carrots, Onions, Celery and Peas  <i>Chocolate Chip Cookies or Fresh Fruit</i>
Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29
Blueberry Pancakes Hickory Smoked Bacon – Fruit Vegetable Barley Soup / Crackers	Corned Beef Hash Scrambled Eggs – Fruit Tossed Salad / Dinner Roll	French Toast Bake Sausage Links – Fruit Lucille's Cole Slaw	Sausage Egg Sandwich Yogurt – Fruit Macaroni Salad	Belgium Waffles w/ Strawberries Hickory Smoked Bacon – Fruit Chef's Choice Soup / Crackers	Oatmeal w/ Craisins & Walnuts Pastry – Fruit Tossed Salad	Sausage Gravy over Biscuits Fruit Cup Vegetable Pasta Salad
Glazed Ham w/ Pineapple Ring Baked Yams Zucchini and Onions  <i>Dutch Apple Pie or Fresh Fruit</i>	Salisbury Steak Mashed Potatoes and Gravy Green Beans  <i>Jell-O or Fresh Fruit</i>	Russian Chicken Macaroni and Cheese Broccoli  <i>Texas Sheet Cake or Fresh Fruit</i>	Hot Dogs with Sauerkraut on a Bun Baked Beans – Chips  <i>Pudding or Fresh Fruit</i>	BBQ Meatballs Steamed Red Potatoes Carrots  <i>Lemon Bars or Fresh Fruit</i>	Turkey Pot Pie Turkey, Potatoes, Carrots, Celery, Onions and Peas With Flaky Pastry Crush <i>Chocolate Chip Ice Cream or Fresh Fruit</i>	Hot Ham and Cheese Croissant Lettuce and Tomato Pickle Spear  <i>White Chocolate Macadamia Nut Cookies or Fresh Fruit</i>

*BREAKFAST served from 7:30 am to 9:45 am*

*DINNER served at 4:15 pm or 5:15 pm*

**\$2.00 TRAY PICK-UP-BREAKFAST AT 9:30 AM; DINNER AT 3:30 PM**

**\$3.00 TRAY DELIVERY TO ROOM – BREAKFAST AT 9:30 AM; DINNER AT 3:30PM**

*Menu subject to change depending on availability*

**ALWAYS AVAILABLE BREAKFAST OPTIONS (Sign-up day before or call front desk)**

**BREAKFAST ALTERNATES**

- Hard-boiled Egg
- Fresh Seasonal Fruit Plate
- Oatmeal
- Cream of Wheat
- Cold Cereal

**ALWAYS AVAILABLE DINNER OPTIONS (Sign-up by 1PM or call front desk)**

**DINNER SALAD ALTERNATES**

- Side Salad – green lettuce, tomatoes, carrots, other seasonal vegetables with choice of dressing
- Applesauce
- Canned Peaches
- Cottage Cheese

**DINNER ENTRÉE ALTERNATES**

- Grilled Chicken Salad – Chicken on bed of lettuce, tomatoes, and seasonal vegetables with side of dressing
- Grilled Chicken Breast – freshly grilled breast of chicken
- Baked Chicken Leg & Thigh – Chicken Leg and Thigh baked to crispy perfection
- Tilapia Filet
- Salmon Patty
- Sandwiches – all served on a bun with lettuce, tomato, pickle, and onion
  - Hamburger
  - Cheeseburger
  - Veggie Burger – Your choice of burger
  - Crispy Chicken Sandwich
  - Salmon Patty Sandwich
- Beef Hot Dog – 100% beef hot dog on a bun with
- Corndog – State Fair Classic corn battered hot dog

**DINNER SIDE ALTERNATES**

- Tomato Slices
- Green Beans
- Sliced Beets
- Mashed Potatoes and Gravy
- Lay's Potato Chips

**DESSERT ALTERNATES**

- Fresh Seasonal Fruit Bowl
- Sugar-free Jell-O Cup