

## DISCOVERY POINT MENU JANUARY 2023

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
Apple Cinnamon Pancakes Hickory Smoked Bacon – Fruit	Ham & Cheese Scramble Link Sausage-Fruit	Poached Eggs, Sausage Fresh Fruit	Cheese Omelet, Bacon Fresh Fruit	Western Frittata Cinnamon Roll – Fruit	Biscuits and Gravy Fruit Cup	Poached Eggs – Sausage Patty Donut– Fruit
Navy Bean Soup / crackers	Caesar Salad/Garlic Bread	Chicken Noodle Soup/Crackers	<i>Pear &amp; Cottage Cheese Salad/Roll</i>	Tossed Salad	Minestrone Soup/Crackers	Loaded Potato Soup / Crackers
Roast Beef Mashed Potatoes/Gravy Mixed Vegetable	Spaghetti W/Meat Sauce Mixed Vegetable	Lemon Baked Salmon Rice Pilaf Asparagus	Breaded Chicken Breast/Gravy Oven Roasted Potato Green Beans W/Bacon	Pulled Pork on Bun Baked beans Coleslaw	Spinach and Cheese Ravioli W/Marinara Yellow Squash	Sloppy Joes French Fries Pickle Spear
<i>Chocolate Pudding/Fresh Fruit</i>	<i>Spumoni</i>	<i>Berry Pie</i>	<i>Sherbet</i>	<i>Brownie</i>	<i>Eclair Cake</i>	<i>Fresh Baked Cookie</i>
Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
Blueberry Pancakes Hickory Smoked Bacon – Fruit	Cheese Omelet – Sausage Shredded Hashbrowns – Fruit	French Toast Bake Hickory Smoked Bacon – Fruit	Bacon Egg Cheese Croissant Yogurt – Fruit	Happy Birthday Cake Pancakes Hickory Smoked Bacon – Fruit	Biscuits and gravy Fruit	Poached Eggs – Sausage Patty Muffin – Fruit
Greek Salad / Roll	Carrot Raisin Salad / Roll	Egg Drop Soup/Cracker	Beef Barley Soup/Crackers	<b>HAPPY BIRTHDAY</b> Lucille's Cole Slaw / Roll	Shrimp Cocktail	Chicken Noodle Soup/Crackers
Swedish Meatballs Herb Roasted Red Potatoes Capri Vegetables	Pork Tenderloin w/ Brown Sauce Baked Potato with Sour Cream Vegetable Blend	Beef & Broccoli Steamed Rice Oriental Vegetable	Chicken Cordon Bleu' Garlic Mashed Potato <i>Asparagus</i>	Meatloaf Scalloped Potatoes 5-Way Vegetable	Prime Rib Twice Baked Potatoes Asparagus	Italian Beef Sandwich Potato Wedge
<i>Peach Pie</i>	<i>Yellow Cake W/Chocolate Frosting</i>	<i>Caramel Bread Pudding</i>	<i>Jell-O w/ Fruit</i>	<i>Birthday Cake</i>	<i>Carrot Cake</i>	<i>Fresh Baked Cookies</i>
Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
Buttermilk Pancakes Hickory Smoked Bacon – Fruit	Bacon, Egg & Cheese Scramble Pastry	French Toast Hickory Smoked Bacon – Fruit	Baked Vegetable Omelet Yogurt – Fruit	Broccoli & Bacon Frittata Cinnamon Roll – Fruit	Biscuits and Gravy Fruit Cup	Poached Eggs – Sausage Patty Pastry – Fruit
Tossed Salad / Roll	Macaroni Salad / Roll	<b>TACO TUESDAY</b> Vegetable Soup / Crackers	Tossed Salad/ Roll	Navy Bean Soup / Crackers	Caesar Salad / French Bread	Tossed Salad / Corn Muffin
Roast Beef Scalloped Potatoes Peas & Carrots	Pork Chop W/Mushroom Sauce Stuffing Green Beans W/Bacon & Onion	Tater Tot Casserole <i>Mixed Vegetable</i>	Salisbury Steak Mashed Potatoes and Gravy Carrots	Honey Mustard Chicken Baked Potato w/ Sour Cream Green Beans	Tuscan Shrimp Fettuccine Pasta Broccoli	Hot Beef Sandwich Mashed Potatoes Zucchini
<i>Cheesecake</i>	<i>Black Forest Cake</i>	<i>Apple Pie</i>	<i>Ice Cream Scoop</i>	<i>Peach Cobbler</i>	<i>Vanilla Pudding</i>	<i>Fresh Baked Cookies</i>
Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
Banana Nut Pancakes Hickory Smoked Bacon – Fruit	Corned Beef Hash Scrambled Eggs – Fruit	French Toast Bake Hickory Smoked Bacon – Fruit	Sausage Egg Cheese Croissant Yogurt – Fruit	Belgium Waffles w/ Strawberries Hickory Smoked Bacon – Fruit	Biscuits and Gravy Fruit	Poached Eggs – Sausage Patty Muffin – Fruit
Tomato Basil Soup / Crackers	Cottage Cheese & Pear Salad / Roll	Tossed Salad/Garlic Bread	Beef Barley Soup /Crackers	Ambrosia Salad/ Roll	Tossed Salad	Chicken Noodle Soup / Crackers
Glazed Ham w/ Pineapple Hashbrown Casserole	Chicken Tenders French Fries <i>Fruit</i>	Coconut Tilapia Baked Potato w/ Sour Cream Zucchini and Onions	Taco Salad Salsa & Sour cream	Sweet and Sour Meatballs Steamed Rice Broccoli	Peperoni Pizza	Tuna Salad on White Bread Lettuce and Tomato Potato Salad
<i>Brussel Sprouts</i>	<i>Carrot Cake</i>	<i>Jell-O w/ Whipped</i>	<i>Fudge Brownies</i>	<i>Ice Cream Scoop</i>	<i>Banana Layer Dessert</i>	<i>Fresh Baked Cookie Cookies</i>
<i>Coconut Cream Pie</i>						
Sunday 29	Monday 30	Tuesday 31				
Buttermilk Pancakes Hickory Smoked Bacon – Fruit	Scrambled Eggs w/ Cheese – Fruit Sausage Links – Donut	French Toast Hickory Smoked Bacon – Fruit				
Jell-O Salad / Roll	Broccoli Salad / Rolls	Clam Chowder/Crackers				
Turkey Roast w/ Cranberry Stuffing and Gravy Green Bean Almandine	Beef Burgundy Oven Roasted Potatoes Asparagus	Shrimp Louis Salad Garlic Bread				
<i>Pumpkin Pie</i>	<i>Ice Cream Scoop</i>	<i>Texas Sheet Cake</i>				

BREAKFAST served from 7:30 am to 9:45 am DINNER SEATING at 4:00 pm or 5:15 pm

\$2.00 TRAY-PINK UP – BREAKFAST AT 8:30 am; DINNER at 4 pm \$3.00 TRAY DELIVERY TO ROOM – BREAKFAST at 8:30 am; DINNER at 3:45 pm

Menu subject to change depending on availability.

## Daily Cereal Options

- Oatmeal
- Cream of Wheat
- Cold Cereal (Self-Serve Bar)

### Breakfast Bar Options

- White Bread
- Whole Grain Bread
- English Muffin
- Bagel
  - Cream Cheese
  - Jam/Jelly
  - Butter

### Additional Options

- Fruit Plate
- Fruit and Cottage Cheese
- Fruit and Yogurt

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

## DINNER ALTERNATES

### SALAD

- Chicken Salad
- Chef Salad
- Cottage Cheese

### Entree

- Roasted Chicken Legs—Two Chicken Legs baked to crispy perfection
- Breaded Chicken Breast
- Salmon Filet

**Sandwiches** – Your choice of white or wheat bread all served with Lettuce, Tomato, Pickles and potato chips

- Hamburger
- Cheeseburger
- Beef Hot Dog – 100% beef hot dog on a bun with
- Turkey Sandwich
- Ham Sandwich
- Egg Salad Sandwich

## DINNER SIDE ALTERNATES

- Tomato Slices
- Green Beans
- Mashed Potatoes and Gravy