

Elk River Senior Living

May2024

3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Continental Breakfast Served M, T, Th, F, Sat, & Sun Toast, Cereal, Fresh Fruit, Hard-boiled Eggs, Pastries and Yogurt	Hot Breakfast Served Every Wednesday Bacon, Sausage, Eggs, Hashbrowns and Pancakes All meals are subject to change with proper notice	Noon and Evening meals are accompanied with a choice of Homemade Soup, Fresh Fruit Garden Salad, Dinner Roll and Dessert *Alternate Menu is available upon request during mealtimes	Breakfast: 1 Continental Breakfast Noon Chicken Quarters Roasted Potatoes Carrots Evening Deli Hoagie Sandwich Potato Chips Pickle	Breakfast: 2 Continental Breakfast Noon Pot Roast Garlic Mashed Potatoes Green Beans Evening Ham and Cheese Quiche Fresh Fruit	Breakfast: 3 Continental Breakfast Noon Tempura Shrimp Mandarin Salad Sesame Dressing Evening Grilled Cheese Sandwich Potato Wedges	Breakfast: 4 Continental Breakfast Noon Cheese Manicotti Italian Vegetables Garlic Toast Evening Tater Tot Hot Dish Dinner Roll
Breakfast: 5 Continental Breakfast Noon Spanish Braised Chicken Spanish Rice Roasted Corn Evening Taco Salad Sour Cream and Salsa	Breakfast: 6 Continental Breakfast Noon Baked Chicken Drumsticks Au Gratin Potatoes Roasted Beets Evening Homemade Pizza Italian Side Salad	Breakfast: 7 Continental Breakfast Noon Beer Braised Pork Shoulder Mashed Potatoes Carrot Blend Evening Beef and Cheddar Sandwich Curly Fries	Breakfast: 8 Hot Breakfast Noon Fried Chicken Thigh Sweet Potatoes Corn Evening Sausage Tortellini Italian Vegetables	Breakfast: 9 Continental Breakfast Noon Teriyaki Pork Wings Fried Rice Oriental Vegetables Evening Chicken Caesar Wrap Fresh Fruit	Breakfast: 10 Continental Breakfast Noon Shrimp Skewer Pineapple Rice Asian Coleslaw Evening Beer Braised Bratwurst Broccoli Salad	Breakfast: 11 Continental Breakfast Noon Homemade Lasagna Italian Vegetables Garlic Toast Evening Open Faced Turkey Sandwich
Breakfast: 12 Continental Breakfast Noon Honey Pecan Walleye Roasted Potatoes Mixed Vegetables Evening Chicken Wild Rice Soup Breadstick and Fruit	Breakfast: 13 Continental Breakfast Noon Chicken Parmesan Seasoned Noodles Zucchini Evening Strawberry Pecan Salad Grilled Chicken	Breakfast: 14 Continental Breakfast Noon Sweet and Sour Chicken Vegetable Lo Mein Cream Cheese Won Ton Evening Apple Fritter French Toast Sausage Links Fresh Fruit	Breakfast: 15 Continental Breakfast Noon Honey Baked Ham Scalloped Potatoes Asparagus Evening Beer Cheese Mac and Cheese w/ Crispy Chicken	Breakfast: 16 Continental Breakfast Noon Spaghetti and Meat sauce Italian Vegetables Garlic Toast Evening Turkey Al A King Mashed Potatoes	Breakfast: 17 Continental Breakfast Noon Beer Battered Cod Baked Potato Seasoned Peas Evening Philly Cheese Steak Cheese Curds	Breakfast: 18 Continental Breakfast Noon Country Fried Steak Mashed Potatoes Buttered Corn Evening Grilled Rueban German Potato Salad
Breakfast: 19 Continental Breakfast Noon Beef Stroganoff Egg Noodles Cauliflower Evening Broccoli and Cheese Soup Dinner Roll and Fruit	Breakfast: 20 Continental Breakfast Noon Beef and Broccoli Stir Fry Fried Rice Egg Roll Evening Beef Brisket Chili Honey Cornbread	Breakfast: 21 Continental Breakfast Noon Raspberry Glazed Pork Loin Roasted Potatoes Beets Evening Grilled Chicken Caprese Salad	Breakfast: 22 Hot Breakfast Noon Chicken and Dumplings Mixed Vegetables Dinner Roll Evening BLT Sandwich Potato Chips	Breakfast: 23 Continental Breakfast Noon Roasted Turkey Stuffing Roasted Squash Evening Egg Salad Sandwich Cucumber Salad	Breakfast: 24 Continental Breakfast Noon Lasagna Roll Ups Side Salad Garlic Toast Evening Chicken Chow Mein White Rice	Breakfast: 25 Continental Breakfast Noon Salisbury Steak Mashed Potatoes Buttered Corn Evening Ham and Scalloped Potato Casserole
Breakfast: 26 Continental Breakfast Noon Sesame Meatballs White Rice Egg Roll Evening Chili Cheese Hot Dog Onion Rings	Breakfast: 27 Continental Breakfast Noon California Burger Baked Beans Buttered Corn Evening Turkey Pasta Salad Mini Croissant Fresh Fruit	Breakfast: 28 Continental Breakfast Noon Polish Sausage Au Gratin Potatoes Brown Sugar Carrots Evening Smoked Chicken Wings Blue Cheese Coleslaw Fresh Fruit	Breakfast: 29 Continental Breakfast Noon Swiss Steak Mashed Potatoes Beets Evening Beef Fajitas Pineapple Rice	Breakfast: 30 Continental Breakfast Noon Shrimp Scampi Garlic Butter Rice Zucchini Evening Grilled Tuna Melt Potato Chips	Breakfast: 31 Continental Breakfast Noon Cranberry Glazed Chicken Wild Rice Pilaf Roasted Brussels Sprouts Evening Pulled Pork Sandwich Macaroni Salad	