

Sunday Breakfast Menu

(Available from 8:00 a.m. - 3:30 p.m.)

~ One Breakfast Meal includes: Choice of two appetizers, a main course, two sides and a beverage ~

APPETIZERS

Juices: Apple, Orange, Cranberry, Pink Grapefruit, Tomato, LS-V 8, Prune
Grapefruit Half, Fruit Cup, Cottage Cheese, Small Fruit Plate, Fresh Applesauce

MAIN COURSE

Chef's Special ~ Ask your server.

Two Eggs Any Style ~ Your choice of fresh eggs, Eggbeaters or egg whites.

Omelet ~ Choice of American, Swiss, Cheddar, Onions, Peppers, Mushrooms, Spinach, Ham, Tomato, Bacon

Scrambled Eggs & Lox ~ Fresh scrambled eggs or eggbeaters with onion and lox.

Eggs Benedict ~ Two poached eggs, English muffin, Canadian bacon, hollandaise sauce.

Pancakes ~ Three pancakes, your choice of: plain, chocolate chip or blueberry.

Belgian Waffles ~ Choice of strawberries, cinnamon apples, whipped cream, maple syrup

Toasted Bagel, Lox & Cream Cheese ~ Served with sliced tomatoes, thin red onion, bibb lettuce.

BLT Sandwich ~ Served on your choice of toast with mayonnaise.

SIDE ORDERS

(Resident meal includes choice of two sides)

Any additional sides \$2.00 each, excludes lox

Cup of Oatmeal

Turkey Bacon ~ Three Crisp Bacon Strips ~ Two Sausage Links ~ Canadian Bacon

Corned Beef Hash ~ Homefried Potatoes

Gluten Free Toast ~ Choice of Toast ~ Danish ~ English Muffin ~ Bagel

LOX ONLY SIDE ORDER ~ \$5.15

AVAILABLE TO GO ONLY ~ LOX BOX ~ \$8.75

Smoked Salmon, Bagel, Lettuce, Tomato,
Red Onion, Capers, Cream Cheese

BEVERAGES

Freshly Brewed Coffee, Regular or Decaffeinated

Tea, Hot Chocolate

Regular, Skim, Lactose Free Milk

LAURELMEAD'S CONTINENTAL SELECTION \$4.90

Juice, Fresh Fruit Cup, Sliced Fruit Plate or Half Grapefruit (choice of one)

Bagel, English Muffin, Toast, Fresh Baked Muffin (choice of one)

Cup of Oatmeal

Coffee, Decaf Coffee, Tea, or Hot Chocolate

~ Children's Menu Available ~

~ Half Portion Entrees and Sides Available Upon Request ~

~ PLEASE ADVISE SERVER OF ANY FOOD ALLERGIES ~

Sunday Lunch Menu for October 11th

(Available from Noon - 3:30 pm)

Laurelmead Breadbasket ~ Gluten Free available upon request

SOUPS

Split Pea & Ham

Split peas, ham hocks and vegetables slowly simmered and pureed; finished with ham.

HC Tuscan Kale Bean, vegetable stock ~ HC Soup of the Month

Chicken Broth

SALADS

House Garden Salad ~ Choice of Dressing

Roasted Beet & Walnut Salad ~ Served with a balsamic vinegar & olive oil dressing

MAIN ENTREES

Catch du Jour

Healthier Choice Available ~ Ask your server

HC Catch du Jour

Spaghetti & Meatballs

Homestyle ground beef and pork meatballs with sauce served over spaghetti with a garlic bread side.

Turkey & Cranberry Panini Sandwich

Sliced turkey sandwich with fontina cheese, cranberry sauce and arugula, heated through on whole grain bread.

HC ~ Turkey Sandwich ~ with arugula and cranberry sauce, no cheese

Vegetarian Special of the Week

Ask your server.

Warm Grilled Chicken Breast

Served over house greens with dressing or on a bun with lettuce, or as an entrée with sides.

‡ Chopped Angus Beef Patty

Served with gravy and sides or on a roll with choice of mushrooms, onions, lettuce, and tomato.

Beyond Burger Sandwich on a Roll

Choice of BBQ sauce, lettuce, tomato, sautéed mushrooms, American cheese, vegan cheddar, mozzarella.

ACCOMPANIMENTS

Lyonnise Potatoes

HC Baked Potato

HC Grilled Winter Vegetables

Angel Hair or Penne Pasta ~ Meat Sauce, Marinara Sauce, Garlic and Olive Oil

Mashed Potatoes, Rice Pilaf, Steamed Peas, Carrots, Onion Rings, French Fries

Meat Temperature Guide: Rare ~ cool red center, Medium Rare ~ warm red center, Medium ~ pink center, Medium Well ~ minimum pink, Well Done ~ no pink

*Contains a spicy ingredient

Consumption of raw or undercooked foods of animal origin may increase your risk of food borne illness.

Consumers who are especially vulnerable to food borne illness should only eat food from thoroughly cooked animals.

HC (Healthier Choice) = Leaner meat or seafood, never fried, no added salt, no butter, no cream, no cheese, may contain olive oil, light mayonnaise, light salad dressing, low fat sour cream, Lactaid or sugar

MONDAY'S SPECIALS



SOUPS

Corn Chowder

Classic corn chowder prepared with salt pork, corn, potatoes, cream, onions and celery.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Roasted Beet & Walnut Salad

Mixed greens, fresh roasted beets, apples, walnuts, celery, and blue cheese crumbles topped with a balsamic vinegar and olive oil dressing.

Healthier Choice ~ Mixed greens, beets, apples, walnuts, no blue cheese, hc dressing

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

‡ Grilled Swordfish

Fresh swordfish steak grilled and finished with a citrus butter compound.

Healthier Choice ~ Plain Grilled Swordfish, lemon wedge, no butter

MAIN ENTREES

Grilled Duck Breast

A marinated, grilled duck breast served with an apple cranberry compote (contains sugar).

Healthier Choice

Beef Stroganoff

Tender strips of beef with sautéed mushrooms and onions simmered in a rich sour cream sauce and served over egg noodles.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Saffron Basmati Rice

Pecan Green Beans

HC Steamed Green Beans

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries,
Pasta Marinara, Carrots, Spinach, Sautéed Spinach, Broccoli

Meat Temperature Guide:

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HC - Healthier Choice NAS - no added salt

TUESDAY'S SPECIALS



SOUPS

Roasted Cauliflower

Roasted cauliflower simmered in chicken broth with onion, celery then pureed and creamed.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Roasted Beet & Walnut Salad

Mixed greens, fresh roasted beets, apples, walnuts, celery, and blue cheese crumbles topped with a balsamic vinegar and olive oil dressing.

Healthier Choice ~ Mixed greens, beets, apples, walnuts, no blue cheese, hc dressing

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

Lemon Herb Scrod

Marinated, baked scrod filet with fresh herbs, white wine and lemon.

Healthier Choice

MAIN ENTREES

Roast Turkey & Challah Stuffing

Served with pan gravy and cranberry sauce.

Healthier Choice ~ no stuffing

‡ Steak Laurelmead

Grilled to your liking and served with onion jam.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Mashed Potatoes

HC Mashed Potatoes

Whipped Butternut Squash

HC Whipped Butternut Squash

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries,
Pasta Marinara, Carrots, Spinach, Sautéed Spinach, Broccoli

Meat Temperature Guide:

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WEDNESDAY'S SPECIALS



SOUPS

Pasta Fagioli

A hearty Italian soup with, chicken stock, ham bone, vegetables, pasta and navy beans.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Tableside Caesar Salad

Crisp romaine lettuce tossed with Caesar dressing, croutons and fresh parmesan cheese.

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

Crisp Salmon with Herbs

A sautéed salmon filet with dill breadcrumbs (contains dairy) and finished with fresh lemon aioli.

Healthier Choice ~ Baked Salmon, lemon, white wine

MAIN ENTREES

French Meat Pie

Minced vegetables with potato, ground beef and sausage baked in a pie crust and served with brown gravy.

Harvest Bowl

A bowl of brown rice topped with roasted sweet potatoes, brussels sprouts and red onion, a kale cranberry almond salad, sliced grilled chicken and a drizzle of apple honey Dijon vinaigrette.

(Almonds Optional)

Healthier Choice

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Steamed Brown Rice

German Creamed Spinach ~ HC Steamed Spinach

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries,
Pasta Marinara, Carrots, Spinach, Sautéed Spinach, Broccoli

Meat Temperature Guide:

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Medium ~ pink center, Medium Well ~ minimum pink, Well Done ~ no pink

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HC - Healthier Choice

THURSDAY'S SPECIALS



SOUPS

Chicken Noodle

Prepared fresh from our kitchen with egg noodles, seasonings and chicken stock.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Roasted Beet & Walnut Salad

Mixed greens, fresh roasted beets, apples, walnuts, celery, and blue cheese crumbles topped with a balsamic vinegar and olive oil dressing.

Healthier Choice ~ Mixed greens, beets, apples, walnuts, no blue cheese, hc dressing

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

Lemon Butter Scallops

Fresh sea scallops baked with a lemon garlic butter sauce.

Healthier Choice ~ Baked Scallops, lemon, white wine

MAIN ENTREES

Lasagna di Carnevale Napolitana

Baked layers of meat sauce with sausage, pasta noodles, mozzarella, parmesan and ricotta cheese.

Chicken Kiev

A thin chicken breast rolled around garlic butter then coated with breadcrumbs and fried to a golden brown.

Healthier Choice ~ Grilled Marinated Chicken Breast

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Herb Roasted Potatoes ~ HC Herb Roasted Potatoes

Corn O'Brien

HC Steamed Corn

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries,
Pasta Marinara, Carrots, Spinach, Sautéed Spinach, Broccoli

Meat Temperature Guide:

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HC - Healthier Choice

FRIDAY'S SPECIALS



SOUPS

New England Clam Chowder

A new England classic with clams, clam juice, heavy cream and seasonings.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Roasted Beet & Walnut Salad

Mixed greens, fresh roasted beets, apples, walnuts, celery, and blue cheese crumbles topped with a balsamic vinegar and olive oil dressing.

Healthier Choice ~ Mixed greens, beets, apples, walnuts, no blue cheese, hc dressing

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

Pan Fried Haddock

Fresh haddock filet pan fried and served with tartar sauce.

Healthier Choice ~ Baked Haddock, Mrs. Dash Seasoning, lemon, white wine

MAIN ENTREES

Chicken Parmigiana

A breaded sautéed chicken cutlet finished with marinara sauce and shredded mozzarella cheese.

‡ Prime Rib au Jus

Slowly roasted prime rib served au jus or with horseradish sauce.

Healthier Choice ~ Lean Cut

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

German Fried Potatoes

HC Baked Sweet Potato

HC Stewed Tomatoes

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries,
Pasta Marinara, Carrots, Spinach, Sautéed Spinach, Broccoli

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SATURDAY'S SPECIALS



SOUPS

Parsnip Apple

A pureed soup with apple, parsnip and spices simmered in chicken stock.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Roasted Beet & Walnut Salad

Mixed greens, fresh roasted beets, apples, walnuts, celery, and blue cheese crumbles topped with a balsamic vinegar and olive oil dressing.

Healthier Choice ~ Mixed greens, beets, apples, walnuts, no blue cheese, hc dressing

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

Sweet & Sour Shrimp

Sautéed shrimp in sesame oil with red bell peppers, zucchini, garlic, ginger and pineapple. Finished with sauce, scallions, sesame seeds and served over jasmine rice.

Healthier Choice ~ Baked Shrimp, lemon, white wine

MAIN ENTREES

Chicken Marsala

Sautéed chicken cutlet with marsala wine, mushrooms, butter, chicken and beef stocks.

Healthier Choice ~ no butter

Hot Dogs & Beans

Twin grilled hot dogs served with New England baked beans, and brown bread.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Jasmine Rice

Sesame Broccoli

HC Steamed Broccoli

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries, Pasta Marinara, Carrots, Spinach, Sautéed Spinach, Broccoli

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