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 November 22nd

(Available from Noon - 3:30 pm)

Laurelmead Breadbasket ~ Gluten Free available upon request

SOUPS

Roasted Tomato
Roasted plum tomatoes pureed with vegetables, fresh basil and vegetable stock.
HC Mediterranean Lentil, vegetable stock ~ HC Soup of the Month
Chicken Broth

SALADS

House Garden Salad ~ Choice of Dressing
Baby Spinach, Mushroom, & Egg ~ Choice of Dressing

MAIN ENTREES

Catch du Jour
Healthier Choice Available ~ Ask your server
HC Catch du Jour

Chicken Diane
Pan seared chicken in a creamy, savory sauce with brandy, mushrooms, shallots, Dijon mustard and heavy cream.
Healthier Choice ~ Grilled Mrs. Dash Chicken Breast

Grilled Reuben Sandwich
Thinly sliced corned beef brisket grilled on pumpernickel bread with Swiss cheese, sauerkraut and Russian dressing.

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

***Tavern Fries (Cajun spice, grated parmesan) ~ HC Baked Sweet Potato**
HC Steamed Brussels Sprouts (lemon and thyme)

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

Cream of Chicken

Diced chicken, celery and onions simmered in chicken stock and finished with cream.

Chicken Broth

HC Soup of the Month

APPETIZERS & SALADS

Baby Spinach, Mushroom & Egg

Fresh baby spinach, mushrooms, hard cooked egg and bacon with choice of dressing.

Healthier Choice ~ egg white no yolk, no bacon, healthy dressing of choice

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

***Javanese Salmon**

Pan seared salmon topped and baked with a buttery sauce with red pepper flakes, garlic, brown sugar, lime juice and soy sauce.

Healthier Choice ~ Baked Salmon, lemon, white wine

MAIN ENTREES

Chicken Chasseur

Sautéed chicken breast with mushrooms, onions, plum tomatoes and a beef demi-glace.

‡ Grilled Marinated Beef Tips

Grilled, marinated tenderloin tips with seasonings and red wine.

Healthier Choice ~ Grilled Tenderloin Tips, Mrs. Dash Seasoning

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Basmati Rice

Garlic & Cashew Broccoli (contains brown sugar, soy sauce)

HC Steamed Broccoli

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

Meat Temperature Guide:

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HC – Healthier Choice

TUESDAY'S SPECIALS

SOUPS

Minestrone Genovese

Sautéed vegetables, kidney beans, chickpeas simmered in vegetable stock and finished with grated parmesan cheese, ditalini pasta and fresh basil.

Chicken Broth

HC Soup of the Month

APPETIZERS & SALADS

Baby Spinach, Mushroom & Egg

Fresh baby spinach, mushrooms, hard cooked egg and bacon with choice of dressing.

Healthier Choice ~ egg white no yolk, no bacon, healthy dressing of choice

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

Catch du Jour

Ask your server about today's special.

Healthier Choice ~ available

MAIN ENTREES

Crispy Roast Duck Half

A roasted half duck finished with a fresh sage fig sauce.
(contains sugar, orange juice)

Healthier Choice ~ no sauce

Italian Beef Braciole

Prepared with garlic, parsley, tomato sauce and parmesan cheese.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Melting Potatoes ~ HC Baked Potato

Sautéed Escarole, Pine Nuts & Garlic

HC Steamed Escarole

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

Meat Temperature Guide:
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HC – Healthier Choice

WEDNESDAY'S SPECIALS



SOUPS

Gruyere Sweet Potato

Simmered in vegetable stock with onion, celery, sage, cinnamon, nutmeg, finished with cream.

Chicken Broth

HC Soup of the Month

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

Shrimp & Pasta Rags

Sautéed shrimp tossed with pasta rags, asparagus, basil, grape tomatoes, shallots, parmesan and garlic.

Healthier Choice ~ Baked Shrimp, lemon, white wine

MAIN ENTREES

Chicken Cordon Bleu

Rolled chicken breast filled with ham and swiss, lightly breaded and fried, finished with supreme sauce.

Healthier Choice ~ Grilled Marinated Chicken Breast

Yankee Pot Roast

Braised with carrots, celery, onions, beef stock, thyme and plum tomatoes;
finished with pan gravy.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Boiled New Potatoes

Corn Lyonnaise

HC Steamed Corn

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

Meat Temperature Guide:
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HC – Healthier Choice

HAPPY THANKSGIVING

Thursday, November 26, 2026
Main Dining Room 11:30 ~ 2:30 Dinner

Soups

Chicken Escarole Soup
HC Lentil Pumpkin

Salads

Fresh Fruit Cup with Sherbet

Mesclun Greens
Garnished with dried cherries, cranberries and apricots; finished with a cider vinaigrette.

Garden Salad
(choice of dressing)

Entrees

Roast Turkey Dinner
Served with apple, raisin stuffing, pan gravy and cranberry sauce.
Healthier Choice ~ no stuffing

Roasted Salmon
Roasted salmon filet finished with a cranberry shallot compote.
Healthier Choice

Butternut Ravioli
Topped with sage butter.

Baked Buttercrumb Scrod
Healthier Choice ~ Baked Scrod, lemon, white wine

Accompaniments

Green Beans Amandine

Healthier Choice ~ Steamed Green Beans

Roasted Maple Ginger Vegetable Medley

Whipped Butternut Squash

Mashed Potatoes

HC Baked Sweet Potato

HC Steamed Brown Rice

Sweet Endings

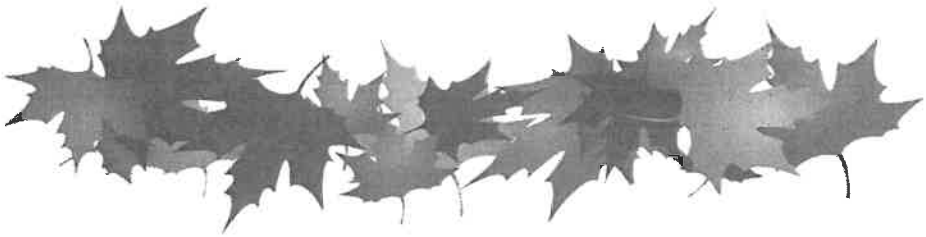
Pecan Pie ~ Pumpkin Pie ~ Apple Pie

À la mode available

Sugar Free Apple Pie

Chocolate Mousse Cake

Featured Ice Creams and Frozen Yogurt



FRIDAY'S SPECIALS

SOUPS

Shrimp Chowder

Prepared with potatoes, cream, sherry, titi shrimp and shrimp stock.

Chicken Broth

HC Soup of the Month

APPETIZERS & SALADS

Baby Spinach, Mushroom & Egg

Fresh baby spinach, mushrooms, hard cooked egg and bacon with choice of dressing.

Healthier Choice ~ egg white no yolk, no bacon, healthy dressing of choice

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

Greek Style Bronzino

Sautéed with olive oil, garlic, tomatoes, oregano, white wine, lemon and butter.

Healthier Choice ~ lightly sautéed, no added butter, no salt

MAIN ENTREES

Lamb Navarin

Braised cubed lamb with turnip, carrots, pearl onions, tomato, red wine and seasonings, finished with peas.

Healthier Choice

Chicken Italienne

Chicken breast rolled with pesto sauce, prosciutto and provolone cheese; baked with breadcrumbs and melted butter (contains egg).

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Twice Baked Potato

HC Baked Potato

HC Maple Ginger Roasted Vegetables

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

Meat Temperature Guide:

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HC – Healthier Choice

SATURDAY'S SPECIALS

SOUPS

Chicken Escarole

Vegetables, chicken meat and escarole simmered in chicken stock and finished with orzo and parmesan cheese.

Chicken Broth

HC Soup of the Month

APPETIZERS & SALADS

Baby Spinach, Mushroom & Egg

Fresh baby spinach, mushrooms, hard cooked egg and bacon with choice of dressing.

Healthier Choice ~ egg white no yolk, no bacon, healthy dressing of choice

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

Baked Stuffed Shrimp

Prepared with seafood stuffing and melted butter.

Healthier Choice ~ Baked Shrimp, lemon, white wine

MAIN ENTREES

‡ Roast Sirloin of Beef

Served au jus.

Healthier Choice

Chicken Oscar

Sautéed chicken cutlet finished with asparagus spears, crabmeat and bearnaise sauce.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Herb Roasted Potatoes ~ HC Herb Roasted Potatoes

Green Bean Casserole

HC Steamed Green Beans

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

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