

SAMPLE DINING MENU

 THE FOUNTAINS
AT MILLBROOK

Our chefs are constantly introducing new menus for our residents to enjoy. Below is a sampling of menu items our residents enjoy daily.

Heart Healthy Options

This heart healthy symbol indicates a low fat, low cholesterol and low sodium item.

SOUP

Beef Barley

Broccoli Cheese

 **Butternut Squash and Carrot**

Chicken Noodle

Chicken Orzo

Corn Chowder

Cream of Potato

Curried Cauliflower

French Onion

Hearty Tomato

Italian Wedding

 **Lentil**

Manhattan Clam Chowder

Navy Bean

New England Clam Chowder

Spinach Tortellini

 **Savory Mushroom**

Seafood Bisque










Seafood Minestrone

 **Turkey Vegetable**

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ACCOMPANIMENTS

-  Baked Sweet Potato
-  Braised Kale
-  Carrot Raisin Salad
- Confetti Coleslaw
- Cornbread Stuffing
-  Cranberry Almond Salad
-  Cucumber Dill Salad
- Duchesse Potatoes
- Farmhouse Succotash
-  Green Bean Almondine
-  Harvard Beets
-  Herbed Couscous
-  Herbed Roasted Plum Tomatoes
- Home Fries
-  Lemon Pepper Green Beans
- Mashed Potatoes
- New Potatoes with Roasted Garlic
- Onion Soufflé
-  Orzo with Lemon and Herbs

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ACCOMPANIMENTS *(CONTINUED)*

-  Pesto Quinoa Salad
- Potato Salad
-  Rice Pilaf
-  Roasted Carrots
-  Roasted Red Potatoes
-  Sautéed Apples
-  Sautéed Spinach
-  Savory Peas
- Savory Polenta
-  Seasoned Asparagus
-  Sugar Snap Peas
- Garden Pasta Salad
-  Whipped Winter Squash
-  Winter Citrus Salad

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FEATURED ENTRÉES

Herbed Pot Roast

Tender Pot Roast served with Horseradish Cream

Homemade Meatloaf

Traditional Meatloaf with a blend of seasonings

Cheddar Bacon Cheeseburger

Quarter pound Beef Patty cooked to order, topped with thick-cut Smoked Bacon, Cheddar Cheese, Lettuce, Tomato, Pickle, Mayonnaise and Mustard served on a Sesame Seed Bun

BBQ Country Spare Ribs

Pork Ribs slathered in Barbecue Sauce and grilled to perfection

Herb Rubbed Pork Chops

Slow cooked Pork Chops marinated with sliced Peaches and topped with a Sweet Peach Sauce

Baked Glazed Ham

Pit Ham served with Brown Sugar Glaze

Chicken Cordon Bleu

Tender Breast of Chicken stuffed with Ham and Swiss Cheese then breaded with Parmesan Bread Crumbs and pan fried to a golden brown

Rosemary Dijon Chicken

Breast of Chicken seasoned with Lemon, Rosemary, Garlic and Dijon Mustard then baked to a golden brown

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FEATURED ENTRÉES *(CONTINUED)*

Southern Fried Chicken

Tender pieces of Chicken battered and pan-fried until golden

Chicken Pot Pie

Tender cubes of Chicken Breast, mixed Vegetables and a rich homemade White Sauce served in a flaky Pie Crust

Cajun Seasoned Catfish

Filets of Catfish coated with a spicy seasoning mix and pan-fried to a golden brown served with a Lemon wedge and Tartar Sauce

Maryland Crab Cakes

Twin crispy coated Crab Cakes, golden fried served with our own homemade Dipping Sauce

Pecan Crusted Trout

Trout Fish Filet seasoned with fresh Herbs and coated with finely ground Pecans then oven baked

Grilled Mahi-Mahi with Pineapple Salsa

Filet of Mahi-Mahi pan fried to perfection served with a Pineapple Salsa

Vegetable Lasagna

Tender Lasagna Pasta layered with Zucchini, Mushrooms, Peppers, Tomato Sauce and Mozzarella Cheese

Roasted Vegetable Tortellini

Tender Cheese stuffed Tortellini coated in a light Parmesan Sauce and tossed with sautéed Zucchini, Squash and Parsnips

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DESSERTS

Cake

Blueberry Lemon Upside Down Cake, Carrot Cake, Cheesecake with Fruit Puree, Chocolate Guinness Cake, Chocolate Olive Oil Cake, Coconut Topped Oatmeal Cake, Frosted Angel Food Cake, Glazed Buttermilk Cake, Lemon Cake, Pineapple Cheesecake, Strawberry Cake

Pies, Crisps & Crepes

Apple Pie, Banana Cream Pie, Cherry Pie, Chocolate Bottom Key Lime Pie, Chocolate Cream Pie, Pecan Pie, Pumpkin Pie, Apple Crisp, Ginger Fruit Crisp, Peach and Pecan Crepes

Pudding, Custard & Mousse

Chocolate Bread Pudding, Rice Pudding, Tapioca Pudding, Custard with Caramel Sauce, Chocolate Mousse

Other Sweet Treats

Banana Split, Baked Pears with Raspberry Sauce, Cherries Jubilee, Pumpkin Spiced Blondie, Rocky Road Brownie, Tiramisu

Sugar Free Options

Cake, Jell-O, Pudding, Mousse