

# 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