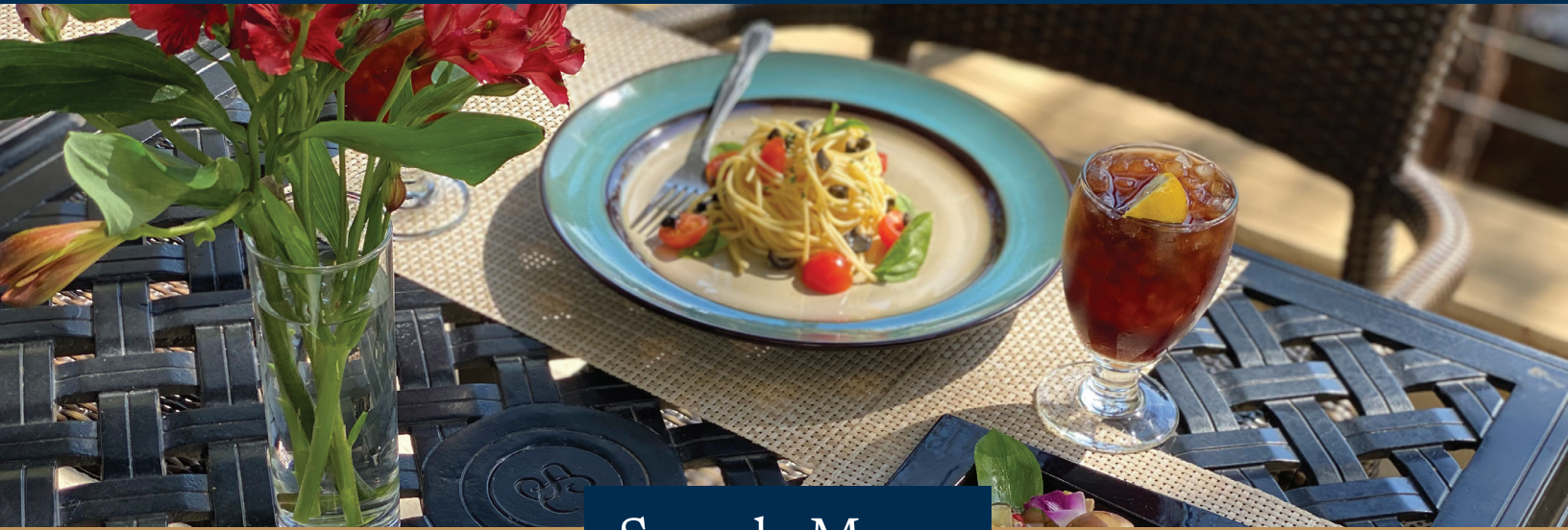




BAYWOOD COURT

VIBRANT SENIOR LIVING



Sample Menu

BREAKFAST

Fresh Grapes
 Bagels & Lox
 Cream of Wheat & Oatmeal
 Bacon & Sausage Links
 Scrambled Eggs
 Assorted Cold Cereals
 Prune/Applesauce/Mixed Fruit
 Assorted Toast
 Assorted Muffins

Fresh Banana
 Eggs Benedict
 Cream of Wheat & Oatmeal
 Bacon & Sausage Links
 Scrambled Eggs
 Assorted Cold Cereals
 Prune/Applesauce/Mixed Fruit
 Assorted Toast
 Cinnamon Roll

Strawberries
 French Toast
 Cream of Wheat & Oatmeal
 Bacon & Sausage Links
 Scrambled Eggs
 Assorted Cold Cereals
 Prune/Applesauce/Mixed Fruit
 Assorted Toast
 Coffee Cake

LUNCH

Garden Vegetable Soup
 Tri-Tip Wrap with Roasted Red Pepper
 Aioli
 Cheese Ravioli with Marinara OR Pesto
 Sauce
 Roasted Red Potatoes
 Coleslaw
 Sautéed Zucchini
 Assorted Mini Cupcakes

Chicken Tortilla Soup
 Tequila Lime Tilapia
 Mexican Beef Casserole
 Rice Pilaf
 Vegetarian Refried Beans
 Sautéed Peppers and Onions
 Flan

Potato & Corn Chowder
 Seared Ahi Tuna Nicoise
 Pot Roast
 Roast Sliced Potato & Onion
 Peas and Carrots
 Braised Red Cabbage
 Chocolate Mousse

DINNER

Turkey and Rice Soup
 Lemon Baked Salmon
 Roasted Pork Loin w/Apricot Glaze
 Wild Rice Pilaf
 Roasted Ratatouille
 Steamed Asparagus
 Chocolate Cream Pie

Manhattan Clam Chowder
 Grilled Bourbon Tri-Tip
 House Made Crab Cake w/Remoulade
 Roast Slice Potato & Onion
 Sautéed Zucchini
 Roasted Root Vegetables
 Lemon Meringue Pie

Vegetable & Wonton Soup
 Braised Beef Short Rib
 Honey Walnut Prawns
 Fried Rice
 Broccoli
 Stir-Fry Vegetables w/Tofu
 Fruit Tart