

SAMPLE DINING MENU








 THE FOUNTAINS
AT CRYSTAL LAKE

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

-  **Black Bean**
- Baked Potato**
- Beef Noodle**
- Beef Rice**
- Borscht**
- Broccoli Cheese**
- Cajun Gumbo**
- Cauliflower Cheese**
-  **Chicken Minestrone**
- Chicken Noodle**
- Cream of Celery**
- Cream of Chicken**
- Cream of Mushroom**
- Cream of Spinach**
- French Onion**
- Italian Wedding**
-  **Tomato Basil**
-  **Tomato Florentine**
-  **Turkey Vegetable**
-  **Vegetable Barley**
-  **Vegetable**

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ACCOMPANIMENTS

-  Asparagus with Red Pepper
Au Gratin Potatoes
Baked Beans
-  Baked Sweet Potatoes
-  Baked Yellow Squash
-  Broiled Cinnamon Peaches
Buttered Broccoli
Caesar Salad
-  Capri Vegetable Blend
-  Carrot Raisin Salad
Confetti Coleslaw
-  Confetti Couscous
Cornbread Dressing
Corn O'Brien
French Fries
-  Fresh Fruit
Green Bean Casserole
-  Marinated Cucumber and Tomato Salad
Mustard Potato Salad
Onion Rings
-  Poached Pears
Potato Wedges
-  Rice Pilaf
-  Rosemary Garlic Potatoes
Sage Bread Dressing
Scalloped Potatoes
-  Strawberry Spinach Salad
Three Bean Salad
-  Wild Rice Blend

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ALWAYS AVAILABLE ENTRÉES

Eggs Your Way

Deli Sandwich (Tuna Salad, Egg Salad, Turkey or Ham)

Peanut Butter Sandwich

Grilled Cheese Sandwich

Grilled Boneless Chicken Breast

Grilled Tilapia

Grilled Burger (Choice of Turkey, Veggie or Hamburger) or Hot Dog on a Bun

FEATURED ENTRÉES

Pot Roast

Tender Pot Roast served with Mushroom Gravy and Mashed Potatoes

BBQ Meatloaf

Fresh Ground Beef seasoned, slow cooked and covered in a rich BBQ Sauce

Sweet and Sour Meatballs

Beef Meatballs browned, then simmered in a tangy Sweet and Sour Sauce served over steamed White Rice

French Dip

Thinly sliced Roast Beef served on a French Roll with sautéed Mushrooms and melted Provolone Cheese with a side of Au Jus Sauce for dipping

Glazed Baked Ham

Ham covered in a Brown Sugar Honey Glaze and baked to perfection

Carolina Pulled Pork Sandwich

Slow cooked Pork Shoulder shredded and simmered in a tangy, sweet Barbecue Sauce served on a Potato Bun with Coleslaw

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FEATURED ENTRÉES *(CONTINUED)*

Hungarian Pork Chop

Seasoned Pork Chop sautéed then simmered in a rich and zesty Sauce

Mexicali Chicken

Spicy slow cooked Chicken Breast, Green and Red Bell Peppers covered with Avocado and Cheddar Cheese served with Spanish Rice

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

Roast Turkey

Slices of moist roasted Turkey Breast covered in rich Brown Gravy served with Sage Bread Dressing

Tuna Melt

Tuna Salad topped with fresh Tomato slices, grated Cheddar Cheese on an English Muffin and grilled



Herbed Baked Fish

Baked chef's choice Filet topped with fresh Herbs and Spices served with Tartar Sauce and a Lemon Wedge

Fried Popcorn Shrimp

Crunchy, golden fried Shrimp served with choice of Sauce

Baked Penne Pasta

Penne Pasta covered in Marinara Sauce and a blanket of Mozzarella Cheese then baked to perfection

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DESSERTS

Cakes

Cheesecake, Coconut Cream Cake, Frosted Banana Cake, Pound Cake, Pumpkin Dump Cake, Yellow Cake with Buttercream Frosting

Pies

Apple Pie, Boston Cream Pie, Cherry Pie, Chocolate Cream Pie

Other Sweet Treats

Apple Strudel, Bread Pudding, Chocolate Chip Cookie, Chocolate Mousse Parfait, Citrus Gelatin, Fruit Cobbler, Ice Cream Sundae, Lemon Bar, Oatmeal Raisin Cookie, Pear Delight, Rainbow Sherbet

Sugar Free Options

Gelatin, Pudding, Vanilla Ice Cream