

LIBERTY RIDGE

Senior Living Community

Lunch Menu

Sunday 11/29/2020	A. Sugar Cured Virginia Baked Ham -OR- Lemon Butter Baked Cod B. Baked Sweet Potato s/ Brown Sugar C. Vegetables: Honey Carrots -OR- Lima Beans D. Country Vegetable Soup w/ Ham Salad Sandwich ❤️ Heart Healthy Diet: Zesty Orange Chicken Breast	<u>Salad Choice</u>
Monday 11/30/2020	A. BBQ Boneless Chicken Breast -OR- Prime Rib Au Jus B. Baked Potato w/ Butter & Sour Cream C. Vegetables: Baked Apples -OR- Steamed Broccoli D. Clam Chowder w/ Pimento Cheese Sandwich ❤️ Heart Healthy Diet: Cottage Cheese Plate w/ Fresh Fruit & Muffin	<u>Salad Choice</u>
Tuesday 12/01/2020	A. Broiled Salmon w/ Balsamic Glaze -OR- Italian Chicken w/ Peppers & Onions B. Oven Brown Potatoes C. Vegetables: California Medley Vegetables -OR- Black-Eyed Peas D. Creamy Asparagus Soup w/ Chicken Salad Sandwich ❤️ Heart Healthy Diet: Baked Chicken w/ Roasted Tomatoes	<u>Salad Choice</u>
Wednesday 12/02/2020	A. Fried Fish w/ Tartar Sauce -OR- Smoked Sausage w/ Sauerkraut B. Macaroni & Cheese C. Vegetables: Roasted Asparagus -OR- Coleslaw D. Minestrone Soup w/ ½ Tuna Salad Croissant ❤️ Heart Healthy Diet: Poached Salmon w/ Lemon & Dill	<u>Salad Choice</u>
Thursday 12/03/2020	A. Chicken Kiev -OR- House made Meatloaf B. Mashed Potatoes w/ Gravy C. Vegetables: Steamed Broccoli -OR- Steamed Cauliflower D. Tomato Soup w/ Grilled Cheese Sandwich ❤️ Heart Healthy Diet: Entrée Salad w/ Turkey Breast & Balsamic Dressing	<u>Salad Choice</u>
Friday 12/04/2020	A. Oven Fried Chicken -OR- Sautéed Shrimp in Cajun Cream Sauce B. Cheese Grits C. Vegetables: Baked Beans -OR- Peas & Carrots D. Potato Soup w/ Turkey & Swiss Sandwich ❤️ Heart Healthy Diet: Lemon Baked White Fish	<u>Salad Choice</u>
Saturday 12/05/2020	A. Chicken a la King over Buttermilk Biscuit -OR- Spaghetti w/ Meat Sauce B. Vegetables: Harvard Beets -OR- Sautéed Zucchini C. Chicken & Dumpling Soup w/ Egg Salad Sandwich ❤️ Heart Healthy Diet: Cottage Cheese Plate w/ Fresh Fruit & Muffin	<u>Salad Choice</u>

Salad Choices: Tossed Salad, Pea Salad, Fresh Fruit or Jell-O

Salad Dressing: Ranch, Blue Cheese, 1000 Island, Italian, Red French or Honey Mustard

Desert choice of: Regular or Sugar-free