



[Sample Menu]

Dining Room Menu


Our Executive Chef incorporate the MIND diet throughout our menu so that your meals always include healthy options. The MIND diet fosters brain health and in conjunction with our many Memory Care programs our goal is to help hold off memory issues for as long as possible.

 Includes **MIND DIET** Ingredients

Breakfast

Greek Egg Scramble

Scrambled eggs with feta, red bell pepper, kalamata olives, and feta. Fruit served on the side with choice of toast or potatoes.

 **MIND Ingredients:** olive oil, olives, spinach

Lunch

Roasted Turkey Panini


Hot turkey sandwich with hearty roasted turkey slices and swiss cheese with house romaine salad served on the side.

 **MIND Ingredients:** multigrain wheat, romaine lettuce

Dinner

Herb Salmon and Asparagus

Fresh caught salmon served in a light herb butter sauce with asparagus vegetable medley served on the side. Comes with your choice of white or brown rice.

 **MIND Ingredients** olive oil, Pacific Northwest Wild Salmon, asparagus, brown rice