

Our chefs are constantly introducing new menus for our residents. 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.

BREAKFAST

Pancakes

Fluffy Pancakes served with Eggs, Sausage, Bacon, Hash Browns and choice of Bagel or Toast

French Toast

Homemade Belgian Waffles served with Eggs, Sausage, Bacon, Hash Browns and choice of Bagel or Toast

SOUP

Chicken Noodle

Clam Chowder

Egg Drop

Minestrone

Split Pea

Tomato

Tortilla

Turkey & Rice

SAMPLE DINING MENU



SAMPLE DINING MENU

 THE WATERMARK
AT ROSEWOOD GARDENS

SALAD

Dressings: Blue Cheese, Balsamic Vinaigrette, Raspberry Vinaigrette, French, Honey Mustard, Italian, Lite Italian, Ranch



House Salad

Fresh Garden Greens served with your choice of Dressing



Chicken Caesar Salad

Romaine Lettuce topped with grilled Chicken, shredded Parmesan Cheese and Croutons served with Garlic Cheese Bread



Spinach Salad with Walnuts & Feta Cheese

Fresh baby Spinach topped with tangy Feta Cheese and Walnuts drizzled with Raspberry Vinaigrette Dressing served with Hummus and Crackers

SAMPLE DINING MENU

 THE WATERMARK
AT ROSEWOOD GARDENS

ACCOMPANIMENTS

Apple Stuffing

Baked Potato with Sour Cream, Cheese and Chives

 Baked Yams

 Brussels Sprouts

Buttered Beets

 Fresh Fruit

Mashed Potatoes

Orange Glazed Carrots

 Oven Roasted Rosemary Zucchini

 Yellow Squash

Sautéed Mushrooms & Onions

Scalloped Potatoes

 Southwest Quinoa Salad

 Steamed Cabbage and Carrots

 Stewed Lentils

 Three Bean Salad

 Vegetable Medley

 Wild Rice

SAMPLE DINING MENU



FEATURED ENTRÉES

Country Fried Steak

Breaded Steak pan fried to a golden brown and smothered in Sausage Gravy served with a homemade Biscuit

Slow Roasted Pork

Pork Shoulder slow roasted to perfection with Onions and Sage

Roasted Lamb with Mint Jelly

Juicy tender Lamb Roast served with a sweet and tangy Mint Sauce

Glazed Ham

Ham slow roasted, then seasoned with a Corn Syrup, Honey and Butter Glaze

Turkey & Gravy

Juicy, perfectly roasted Turkey, sliced and topped with homemade Brown Gravy

Chicken in Mushroom Gravy

Breast of Chicken seasoned with Herbs served in a Mushroom Gravy Sauce

Chicken Cordon Bleu

Breaded Chicken Breast stuffed with Ham and Swiss Cheese

SAMPLE DINING MENU

 THE WATERMARK
AT ROSEWOOD GARDENS

FEATURED ENTRÉES *(CONTINUED)*

Enchilada Casserole

Layers of Ground Beef, Corn Tortillas and Enchilada Sauce baked with a mixture of Cheddar and Monterey Jack Cheeses topped with Sour Cream and served with Refried Beans and Salsa

Lemon Butter Baked Fish

Fresh Filet of Fish seasoned with Herbs and baked in a Lemon Butter Sauce

Crab Au Gratin

Creamy mixture of Crab Meat, Milk, Celery and Onions seasoned to perfection topped with Cheddar Cheese and baked

Seafood Ravioli in Butter Parmesan Sauce

Fresh Pasta filled with Lobster, Crab, Chives and Ricotta Cheese drizzled with Butter Parmesan Sauce and served with choice of vegetable and a Dinner Roll

Stuffed Peppers

Green Bell Pepper filled with spiced Ground Beef, Rice, Tomatoes and Garlic topped with Cheddar Cheese then baked

Grilled Cheese and Tomato Soup

Grilled Cheese Sandwich made with choice of Cheddar, American or Swiss Cheese on White or Wheat Bread Served with Chips and fresh Fruit

SAMPLE
DINING
MENU



DESSERTS

Brownie

Cake (assorted variety)

Chocolate Mousse

Cookie (assorted variety)

Fruit Pie (assorted variety)

Banana Pudding

Ice Cream (assorted flavors)