

# Sample Menu

 THE FOUNTAINS  
AT GREENBRIAR

*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.

## *Gluten Free Options*

This gluten free symbol indicates an item with a gluten free option.

## **BREAKFAST**

### **Cereal**

Choose from Cold Cereal, Oatmeal, Cream of Wheat or Grits

### **Eggs Your Way**

Choose from Scrambled Eggs, Hard Fried Egg, Hard Poached Egg, Bacon and Cheese Scrambled Bake or Sausage and Onion Omelet served with choice of Side

### **Biscuit Breakfast Sandwich**

Delicious Sausage Patty, Egg and Cheddar Cheese on a made from scratch Biscuit served with choice of Side

### **Biscuits and Gravy**

Hot jumbo Buttermilk Biscuits served with creamy Sausage Gravy and choice of Side

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## **BREAKFAST** *(CONTINUED)*

### **Pancakes with Syrup**

Fluffy Pancakes served with Syrup and choice of Side

### **Pastries**

Bagel with assorted Cream Cheese, Cinnamon Roll, Coffee Cake, Danish, Glazed Donut, Muffin

### **On the Side**

Bacon

Diced Fried Potatoes

 Fresh Whole Fruit

Hash Browns

Sausage Patty

 White or Wheat Toast

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## SOUP

Broccoli Cheese

 California Medley

Chicken Orzo

Chicken and Rice

Chicken Tortellini

Clam Chowder

French Onion

 Hearty Vegetable

Hungarian Mushroom

Navy Bean and Ham

Rustic Beef

 Split Pea

Tomato Basil

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## SALADS

*Dressings: 1000 Island, Blue Cheese, French, Fat Free Italian, Fat Free Ranch, Honey Mustard*



### Seasonal Fresh Fruit Salad

Seasonal fresh Fruit served on a bed of Leaf Lettuce



### House Garden Salad

Fresh Garden Greens served with your choice of Dressing



### Grilled or Fried Chicken Salad

Garden Greens topped with sliced Chicken, Tomatoes, shredded Cheddar Cheese, Red Onion and toasted Pecans served with choice of Dressing

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## ACCOMPANIMENTS

Baked Potato

Buttered Corn

Buttered Green Beans

 California Blend Vegetables

 Cottage Cheese

Couscous

Cole Slaw

French Fries

Fried Okra

 Fruit Cocktail

Hominy Italian Flat Beans

 Jell-O

Maple Cooked Sweet Potatoes

Mashed Potatoes

  New Potatoes

Onion Rings

  Radishes

 Seasoned Black Eyed Peas

 Seasoned Okra

 Seasoned Yellow Squash

 Steamed Lima Beans

 Steamed Peas and Pearl Onions

Succotash

Tater Tots

 Wild Rice

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## ALWAYS AVAILABLE ENTRÉES



### Breakfast – All Day!

Two Eggs cooked to order served with choice of a Sausage Patty or Bacon, choice of Wheat, White or Gluten Free Toast



### Garden Burger

Charbroiled Veggie Burger served on a French Style Hamburger Bun



### Greenbriar Burger

Quarter pound Hamburger charbroiled and topped with choice of Cheddar, American, Swiss or Bleu Cheese, Lettuce, Tomato, Red Onion and a Pickle Spear served on a Bun or Gluten Free Bread

### Fried Catfish

Fresh Filet breaded and deep fried to perfection served with Lemon and Tarter Sauce



### Fountains Chicken Breast

Boneless, skinless, marinated Chicken Breast grilled to perfection served with choice of Side

### Fountains Fried Chicken Fingers

Breaded boneless Chicken Fingers fried to a golden brown served with Honey Mustard Dipping Sauce and choice of two sides



### Chicken or Tuna Salad Sandwich

Fresh house-made Chicken or Tuna Salad on Wheat, White or Gluten Free Bread



### Grilled Cheese Sandwich

Grilled Cheese Sandwich made with choice of Cheddar, American or Swiss Cheese served on White, Wheat or Gluten Free Bread

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## FEATURED ENTRÉES

### French Dip

Thinly sliced Roast Beef topped with melted Swiss Cheese and served on a Hoagie Roll with Au Jus for dipping

### Mushroom Chopped Steak

Chopped Beef Steak smothered in a creamy Mushroom Sauce topped with fresh sautéed Mushrooms

### Pulled BBQ Pork

Slow cooked Pork pulled and mixed with BBQ Sauce served on a Bun

### Veal Parmesan

Breaded Veal Steak fried and topped with Marinara Sauce and Parmesan Cheese

### Peachy Pork Chop

Slow cooked Pork Chops marinated with sliced Peaches and topped with a Sweet Peach Sauce

### Country Fried Chicken

Breaded Chicken Breast fried and topped with Country Gravy



### Pesto Chicken Breast

Chicken Breast marinated in Pesto Sauce baked slowly to perfection

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## FEATURED ENTRÉES *(CONTINUED)*

### Chicken Cordon Bleu

Breaded Chicken Breast stuffed with Ham and Swiss Cheese

### Lasagna

Tender Lasagna Pasta layered with Meat Sauce and Mozzarella Cheese

### Seafood Alfredo

Creamy Alfredo Sauce with Seafood served on a bed of Pasta

### Tilapia Provencal

Tilapia Filet topped with Green Peppers, Onions, diced Tomatoes and seasoned with Oregano

### Baked Catfish

Slow baked and seasoned Catfish



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## DESSERT

### Cake

Black Forest, Caramel Marble, Chocolate, Mandarin Orange Jell-O, Piña Colada, Coconut, Peanut Butter, Upside Down Peach

### Shortcake

Blueberry, Peach or Strawberry

### Cookies, Brownies & Bars

Blake's Cookies, Palm Leaf Sugar Cookies, Blondie or Caramel Fluff Brownie, Raspberry Blackout Bar

### Pie

Apple Crisp, Boston Cream, Cherry, Chocolate Cream, Cookies and Cream, Lemon Meringue, Peach Cobbler, Peach, Pecan, Pumpkin, Strawberry Cream

### Pudding

Tapioca or Vanilla Pudding with Vanilla Wafers