

Menu at the Pointe

Lunch

Sunday (2-10)

Roast Beef 

Sides

Mashed Potato/Gravy 

Cauliflower and 

Broccoli

Green Beans 

Monday (2-11)

Chicken and Dumplings 

Sides

Carrots 


Corn Bread

Tuesday (2-12)

Country Fried Steak 

Sides

Mashed Potato/Gravy 

Cauliflower and Broccoli 

Green Beans 

Wednesday (2-13)

BBQ Ribs 

Sides

Baked Potatoes 

Mixed Vegetables 

Dinner

Chili Dogs 

Sides

Slaw 

Fries

Soup Du Jour

Goulash 

Sides

Italian Vegetables 

Garlic Bread

Soup Du Jour

Denver Scramble

Sides

Hash Browns 

Zucchini 

Muffin

Soup Du Jour

Sweet and Sour Meat

Balls 

Sides

Rice 

Chinese Vegetables 

Soup Du Jour

 Food with high salt content

 Heart Healthy

Menu subject to change.

Lunch

*Valentine's Day
Thursday (2-14)*

**Teriyaki
Chicken & Shrimp Skewers**

Sides

Double Baked Potato ♥
Prince Charles Vegetables ♥

Friday (2-15)

Grilled Salmon w/ Dill Sauce 

Sides

Roasted Potatoes ♥
Cauliflower ♥

Saturday (2-16)

Beef Chop Suey 

Sides

Rice ♥
Chinese Vegetable ♥
Vegetable Egg Roll ♥

Dinner

Cream Turkey on Biscuit 

Sides

Peas ♥

Soup Du Jour

Stuffed Baked Potatoes ♥
w/ Choice of Topping

Sides

Broccoli ♥

Soup Du Jour

BBQ Pulled Pork
On Bun 

Sides

Potato Salad ♥
Slaw ♥

Soup Du Jour

Friday- Breakfast special is French toast and Sausage 



Food with high salt content



Heart Healthy

Menu subject to change.

Menu at the Pointe

<p><i>Lunch</i></p> <p>Sunday (2-17) ***** Baked Turkey w/ Stuffing ***** <i>Sides</i> Mashed Potatoes Gravy Green Bean Casserole</p>	<p>Monday (2-18) ***** Lasagna ***** <i>Sides</i> Italian Vegetable Garlic Bread</p>	<p>Tuesday (2-19) ***** Open Faced Roast Beef Sandwich ***** <i>Sides</i> Mashed Potatoes Gravy Cauliflower w/Cheese</p>	<p>Wednesday (2-20) ***** Ham Steaks ***** <i>Sides</i> Au Gratin Potato Mixed Vegetables</p>
<p><i>Dinner</i></p> <p>Ham Salad on Croissant ***** <i>Sides</i> Chips Three Bean Salad ***** Soup Du Jour</p>	<p>Brats ***** <i>Sides</i> Sauerkraut German Potato Salad ***** Soup Du Jour</p>	<p>Turkey Subs ***** <i>Sides</i> Tomato Cucumber Salad Pasta Salad ***** Soup Du Jour</p>	<p>Philly Steak ***** <i>Sides</i> Fries Beats ***** Soup Du Jour</p>

 Food with high salt content

 Heart Healthy



Menu subject to change.

Lunch

Thursday (2-21)

Meat Loaf 



Sides

Mashed Potatoes 
Green Beans 

Friday (2-22)

Baked Cod 



Sides

Broccoli and Rice Casserole 
Key West Vegetables 

Saturday (2-23)

Swedish Meat Balls 



Sides

Buttered Noodles 
Zucchini 

Dinner

Chicken Strips 



Sides

Macaroni and Cheese 
3 Bean Salad 

Soup Du Jour

Quiche 



Sides

Hash Browns 
Asparagus 

Soup Du Jour

Monterey Jack Chicken on Bun 

Sides

Pasta Salad 
Kidney Bean Salad 

Soup Du Jour

Friday- Breakfast special is Pancake and Sausage Links 

 Food with high salt content

 Heart Healthy

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Menu at the Pointe

Lunch

Sunday (2-24)

Pork Roast w/ Apple Glaze

Sides

Baked Sweet Potatoes
Mixed Vegetables

Monday (2-25)

Swiss Steak

Mashed Potatoes w/
Gravy
Mixed Vegetables

Tuesday (2-26)

Fried Chicken

Sides

AuGratin Potatoes
Cream Corn

Wednesday (2-27)

Beef Stew

Tossed Salad
Biscuits or Corn Bread

Dinner

Italian Beef

Sides

Pasta Salad
Kidney Bean Salad

Soup Du Jour

Shepard's Pie

Sides

Seven Layer Salad

Soup Du Jour

**Hot Ham and Cheese
on Bun**

Sides

Fries
Slaw

Soup Du Jour

Corned Beef on Rye

Sides

Cheetoes or Chips
Three Bean Salad

Soup Du Jour

 Food with high salt content

Heart Healthy

Menu subject to change.

Lunch

Thursday (2-28)

Chicken Kiev 

Sides

Baked Potatoes 

Brussel Sprouts 

Friday (3-1)

Tortellini Florentine 

Sides

Key West Vegetables 

Garlic Bread

Saturday (3-2)

BBQ Pork Chop 

Sides

Baked Potatoes 

Corn 

Dinner

Sweet and Sour Meat Balls 

Sides

Rice 


Chinese Vegetable 

Soup Du Jour

Fried Shrimp 

Sides


Fries 


Tomato Cucumber Salad 

Soup Du Jour

Swiss Burgers 

Sides

Chips 

Spinach Salad 

Soup Du Jour

Friday- Breakfast special is Waffles and Sausage 



Food with high salt content



Heart Healthy

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