



Menu at the Pointe

Lunch

Sunday (8-22)

Roast Beef 

Sides

Mashed Potato/Gravy 
Key West 

Monday (8-23)

Baked Chicken 

Sides

Prince Charles 
Au Gratin Potatoes 

Tuesday (8-24)

Taco Tuesday 

Sides

Mexican Rice 
Refried Beans 

Wednesday (8-25)

Pork Chops 

Sides

Baked Potatoes 
Mixed Vegetables 

Dinner

**Hot Ham and Cheese
on Bun** 

Sides

Macaroni Salad 
Jello Salad 

Goulash 

Sides

Italian Blend Vegetables 
Bread Sticks

**Creamed Chicken on
Biscuit** 

Sides

Candid Carrots 

**Shrimp Basket
Or
Shrimp Cocktail** 

Sides

Tomato Cucumber Salad 
Fries



Food with high salt content



Heart Healthy

Menu subject to change.

Lunch

Thursday (8-26)

Swedish Meat Balls 

Sides

Noodles 

Baby Carrots 

Friday (8-27)

Grilled Salmon w/ Dill Sauce 

Sides

Roasted Potatoes 

Green Beans 

Saturday (8-28)

Shepherd's Pie 

Sides

Fruit Salad 

Dinner

Beef Stew 

Sides

Tossed Salad 

Corn Bread

Chicken Strips 

Sides

Fries 

Cole Slaw 

**Cottage Cheese and
Tuna Cold Plate** 

Sides

Three Bean Salad 

Muffin



Food with high salt content



Heart Healthy

Menu subject to change.



Menu at the Pointe

Lunch

Sunday (8-29)

Ham Steak 

Sides

Sweet Potato 

Key West 

Monday (8-30)

Spaghetti 

Sides

Italian Vegetable 

Garlic Bread

Tuesday (8-31)

Pork Chop Suey 

Sides

Rice 

Chinese Vegetables 

Wednesday (9-1)

Chicken Alfredo 

Sides

Asparagus 

Garlic Stick

Dinner

**Corned Beef and Cheese
on Rye** 

Sides

Hawaiian Delight Salad 

Macaroni Salad 

Polish Sausage or Brats

Sides

Fried Cabbage 

German Potato Salad 

Chipped Beef on Toast 

Sides

Candied Carrots 

Italian Beef on Bun 

Sides

Chips 

Kidney Bean Salad 



Food with high salt content



Heart Healthy

Menu subject to change.

Lunch

Thursday (9-2)

Sweet and Sour Meat Balls

Sides

Rice

Chinese Vegetable

Friday (9-3)

Chicken Kiev

Sides

Double Baked Potatoes

Zucchini

Saturday (9-4)

Meat Loaf

Sides

Au Gratin Potatoes

Green Beans

Dinner

Pulled Pork

Sides

Tomato Cucumber Salad

Baked Beans

Quiche

Sides

Fruited Jello

Hashbrowns

Stuffed Shells

Sides

Italian Vegetables

Garlic Bread



Food with high salt content



Heart Healthy

Menu subject to change.



Menu at the Pointe

Lunch

Sunday (9-5)

Turkey and Stuffing

Sides

Mashed Potatoes

Gravy

Green Bean Casserole

Labor Day

Monday (9-6)

Ribeye Steak

Sandwiches

Sides

Potato Salad

Corn on the Cob

Tuesday (9-7)

Make Your Own Pizza

Sides

Tossed Salad

Wednesday (9-8)

BBQ Ribs

Sides

Potato Salad

Slaw

Dinner

**Ham Salad or Chicken
Salad on Dinner Roll**

Sides

Three Bean Salad

Potato Salad

Hot Dog on Bun

Sides

Slaw

Baked Beans

**Assorted Meat and
Cheese Plate**

Sides

Tomato Cucumber
Salad

Vegetable Beef Soup

Ravioli w/ Meat Sause

Sides

Italian Vegetables

Garlic Bread



Food with high salt content



Heart Healthy

Menu subject to change.

Lunch

Thursday (9-9)

Hamburger Steak w/Mushroom

Gravy

Sides

Mashed Potato 
Creamed Spinach 

Friday (9-10)

Tortellini Florentine

Sides

Cauliflower 
Garlic Bread

Saturday (9-11)

Breaded Pork Loin

Sides 

Mashed Potatos w/Gravy
Mixed Vegetables 

Dinner

Chicken and Dumplings

Sides

Carrots 

Breaded Cod

Sides

Hashbrown Casserole 
Three Bean Salad

Impossible Sliders

Sides

Strawberry Spinach Salad 
Fries 



Food with high salt content



Heart Healthy

Menu subject to change.



Menu at the Pointe

Lunch

Sunday (9-12)

Pork Roast 

Sides

Mashed Potatoes 

Gravy 

Prince Charles Vegetables 

Monday (9-13)

Beef Stroganoff 

Sides

Noodles 

Key West Vegetables 

Tuesday (9-14)

Fried Chicken 

Sides

Mashed Potato w/ 

Gravy 

Cauliflower w/ Cheese 

Wednesday (9-15)

Baked Pork Chop 

Sides

Roasted Potatoes 

Scalloped Corn 

Dinner

Turkey Club on a Bun 

Sides

Three Bean Salad 

Chips 

Crab Salad Cold Plate 

Sides

Tomatoes Slices 

Cheese Squares 

Pasta Salad 

Stuffed Bake Potato 

Sides

Choice of Toppings

Sloppy Joes 

Sides

Chips 

Slaw 



Food with high salt content



Heart Healthy

Menu subject to change.

Lunch

Thursday (9-16)

Teriyaki Chicken 

Sides

Fried Cabbage 
Boiled Red Potatoes 

Friday (9-17)

Grilled Shrimp 

Sides

Lo Mein Noodles 
Egg Roll 
Chinese Vegetables 

Saturday (9-18)

Hamburger on Bun 

Sides

Potato Salad 
7 Layer Salad 

Dinner

Stuffed Peppers
Or

Cabbage Rolls 

Sides

Beets 

Egg Salad on Dinner Roll 

Or

Chili 

Sides

Macaroni Salad 

Chicken Pot Pie 

Sides

Strawberry Spinach Salad



Food with high salt content



Heart Healthy

Menu subject to change.

