



A Benchmark Signature Living Community

Always Available Menu

Week of March 2

† *Low Sodium Chicken Consomme*

Salad

Caesar Salad, Romaine Garden Salad, Caprese Salad

*1000 island, bleu cheese, ranch, creamy italian, balsamic,
lemon vinaigrette, caesar, honey mustard*

Pasta Selection

Ziti Bolognese

Everyday Options

Grilled All Beef Hot Dog

Grilled Hamburger

Omelet of the Day

† *Maple Brined Roast Half Chicken*

† *Baked Haddock*

Accompaniments

Baked Potato



Baked Sweet Potato

Steamed Brown Rice

† *Mashed Parsnip with Thyme*



Brussel Sprout Hash

Steamed Carrots

*Coke, Diet Coke, Sprite Zero, Gingerale, Unsweetened Iced Tea, Orange Soda, Soda Water,
Orange and Cranberry Juice*