

# Fountains Fresh Menus *Chef's Specials* -- **sample menu 2024-2025**

## WEEK 1

SUNDAY 1st	MONDAY 2nd	TUESDAY 3rd	WEDNESDAY 4th	THURSDAY 5th	FRIDAY 6th	SATURDAY 7th
Continental	Pancakes	Cheese Eggs	French Toast	Waffles	Biscuits n Gravy	Continental
Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Grilled Cheese w/ Bacon and Tomato Potato Chips Tomato Soup  Assorted Dessert	Ham & Cheese Slider on Hawaiian Roll  Potato Salad Baby Sweet Pickle  Watermelon  Assorted Dessert	French Dip Served with Au Jus  Heirloom Tomato Salad w/ Avocado, Hard Boiled Egg & Italian Dressing  Assorted Dessert	Pesto Chicken Wrap w/ Lettuce, Tomato & Mayonnaise  Marinated Cucumber Salad Grapes  Assorted Dessert	Pulled Chicken on a Wheat Bun  Coleslaw Pineapple BBQ Baked Beans  Assorted Dessert	Egg Salad Sandwich on Wheat Bread w/ Lettuce & Orange Slices  Sun Chips  Caprese Salad  Assorted Dessert	Plated Turkey, Grape & Almond Salad on Bed of Greens w/ Fresh Melon  Raisin Bran Muffin  Assorted Dessert
Tator Tot Hotdish  Fresh Roasted Beets  Wheat Dinner Roll  Assorted Dessert	Ricotta Stuffed Shells w/ Spinach & Meat Sauce  Garden Salad Roasted Carrots  Assorted Dessert	Roasted Pork Loin w/ Raspberry BBQ Sauce  Cornbread Bake  Fresh Green Beans  Assorted Dessert	Meatloaf w/ Tomato Glaze  Red Skin Mashed Potatoes  Broccoli  Assorted Dessert	Gouda Pasta Primavera w/ Fresh Sautéed Vegetables, Cheese Sauce & Pasta  Garden Salad Grilled Bread  Assorted Dessert	Coconut Fried Shrimp w/ Sweet Chili Dipping Sauce  Vegetable Fried Rice Pea Pods  Assorted Dessert	Herbed Roast Beef with Horseradish Sauce  Roasted Potatoes Harvard Beets Wheat Dinner Roll  Assorted Dessert

\*\* Beverages offered at every meal include milk, fruit juice, tea, and coffee.