

SAMPLE DINING MENU

ROSE TREE PLACE

 A WATERMARK COMMUNITY


Our chefs are constantly introducing new menus for our residents to enjoy. 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.

BREAKFAST

Pancakes

Fluffy Pancakes served with Egg Beaters  or Eggs Your Way, Fresh Fruit, Yogurt, Whole Grain Toast and Bacon

Belgian Waffles

Homemade Belgian Waffles served with Egg Beaters  or Eggs Your Way, Fresh Fruit, Yogurt, Whole Grain Toast, Bacon and Sausage


French Toast

Homemade French Toast served with Egg Beaters  or Eggs Your Way, Fresh Fruit, Yogurt, Whole Grain Toast and Sausage Patty


Biscuits and Country Gravy

Homemade Buttermilk Biscuits covered in a White Sausage Gravy served with a Sausage Patty, Hash Browns, Pear Halves and White Toast

Egg and Cheese Croissant Sandwich

Homemade Buttermilk Biscuits covered in a White Sausage Gravy served with Egg Beaters  or Eggs Your Way, Fresh Fruit, Yogurt and Whole Grain Toast

Breakfast Potatoes

Sautéed Potatoes, Green Bell Pepper and Onion served with Egg Beaters  or Eggs Your Way, Fresh Fruit, Yogurt, Whole Grain Toast and Chef's Choice Meat

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SOUP

Beef Barley

Beef Vegetable

Chicken Dumpling

Chicken Noodle

 Chicken Orzo

Crab Corn Chowder

Cream of Mushroom

Italian Wedding

Manhattan Clam Chowder

Pasta Fagioli

Potato

 Roasted Vegetable & Wild Rice

Seafood Chowder

 Split Pea

Strawberry Cream

Summer Minestrone

Tomato Florentine

Tortellini

 Vegetable Chowder

Won Ton

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ACCOMPANIMENTS

Baked Asparagus

BBQ Baked Beans

 Brown Rice Pilaf

 Brussels Sprouts

Carrot Raisin Salad

Coleslaw with Apples

Cottage Cheese & Fruit

Glazed Carrots

 Green Beans

 Harvard Style Beets

Macaroni Salad

Mashed Potatoes

 Mushroom Orzo

Onion Rings

Roasted Red Potato

Three Bean Salad

 Vegetable Medley

 Sautéed Spinach

 Sautéed Summer Squash

Sweet Potato Wedges

 Garden Salad served with your choice of Dressing

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FEATURED ENTRÉES



Beef Stroganoff

Strips of Chuck Roast simmered with Green Onions and a creamy Mushroom Sauce served over Egg Noodles

Meatloaf with Gravy

Fresh Ground Beef seasoned and slow cooked served with Gravy

Bacon Cheeseburger

Quarter pound Beef Patty cooked to order, topped with thick-cut Smoked Bacon, Cheddar Cheese, Lettuce, Tomato, Pickle, Mayonnaise and Mustard served on a Sesame Seed Bun

Kielbasa

Kielbasa cooked with Onions, Red and Yellow Peppers

Hot Pastrami with Swiss

Seasoned Pastrami topped with Swiss Cheese served on Rye Bread then oven baked

Egg Salad Sandwich

Classic Egg Salad Sandwich, with chopped Hard Boiled Eggs, Green Onion, Celery, Mayonnaise, Mustard and a dash of Curry Powder served on toasted Sourdough Bread



Chicken Marsala

Tender herbed Chicken Cutlets cooked to perfection covered with a sweet Marsala and Mushroom Sauce

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FEATURED ENTRÉES *(CONTINUED)*

Lemon Rosemary Chicken

Breast of Chicken seasoned with Garlic, Rosemary, Extra-Virgin Olive Oil and Lemon Zest and baked until golden brown

Crab Stuffed Tilapia

Filet of Tilapia stuffed with a mixture of Crab Meat, Onion, Celery, Butter, Parsley, Bread Crumbs, Lemon Juice and Cayenne Pepper then pan fried to perfection

Grilled Dill Salmon

Filet of Salmon lightly seasoned with Lemon and Dill then grilled on a smoldering cedar plank

Chicken Pasta Alfredo

Chef's choice Pasta tossed in made from scratch Alfredo Sauce and topped with tender pieces of Chicken and sprinkled with Parmesan Cheese

Pasta Bolognese

A hearty Meat Sauce from a combination of Ground Beef, Pork, Veal and Marinara Sauce served over Spaghetti

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DESSERTS

Cakes

Banana Cake, Carrot Cake, Double Fudge Cupcake, Frosted Spice Cake, Pineapple Upside Down Cake, Strawberry Shortcake

Pies

Apple, Banana Cream, Blueberry, Cherry, Chocolate Cream, Coconut Custard, Key Lime, Lemon Crunch, Lemon Meringue, Turtle Mousse, Strawberry

Ice Cream

Ice Cream (Assorted Flavors), Ice Cream Novelties, Ice Cream Sundae, Sherbet (Assorted Flavors)

Other Sweet Treats

Apple Bread Pudding, Apple Cranberry Crisp, Bananas Foster, Brownie, Cannoli, Pudding Tart, Kiwi Tart, Peach Blueberry Crumble, Tapioca Pudding

Sugar Free Options

Angel Food Cake, Brownie, Cherry Pie, Chocolate Pie, Ice Cream (Assorted Flavors), Jell-O with Fruit, Kiwi Tart, Lemon Meringue Pie, Pudding, Spice Cake