

Our chefs are constantly introducing new menus for our residents. 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

 **Cream of Wheat or Oatmeal**

Apple Cinnamon Pancakes with Syrup

Fluffy Apple and Cinnamon infused Pancakes served with Sausage and fresh Fruit Salad

Belgian Waffles with Berry Sauce

Homemade Belgian Waffles topped with sweet Berry Sauce served with Sausage and fresh Fruit Salad

Zesty Orange French Toast with Berry Sauce

Orange infused French Toast topped with sweet Berry Sauce served with Sausage and fresh Fruit Salad

 **Veggie Omelet**

Omelet with Onion, Peppers, Tomato and Cheddar Cheese served with Toast, Canadian Bacon and fresh Fruit Salad

SAMPLE DINING MENU

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 **BAYSIDE PARK**
A WATERMARK RETIREMENT COMMUNITY

BREAKFAST *(CONTINUED)*

Vegetable Scramble

Eggs scrambled to perfection with Onions and Peppers served with Toast, Canadian Bacon and fresh Fruit Salad

Eggs Benedict

English Muffin topped with choice of Ham or Bacon, poached Eggs and Hollandaise Sauce served with Canadian Bacon and fresh Fruit Salad

Egg Croissant Sandwich

Toasted flaky Croissant topped with a fried Egg and Cheddar Cheese served with Canadian Bacon and fresh Fruit Salad

SOUP

Chicken Chowder

Fish Chowder

Tomato Basil

Butternut Squash

Cauliflower

Crème of Mushroom

Vegetable Noodle

SAMPLE DINING MENU

 **BAYSIDE PARK**
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FRESH SALAD BAR

Mixed Greens, Spinach, Black Olives, Broccoli, Carrots, Celery, Cherry Tomatoes, Crumbled Egg, Cucumber, Mushrooms, Red Onion, Sweet Peppers, shredded Cheddar and Mozzarella Cheese

Dressings: Blue Cheese, Balsamic Vinaigrette, Raspberry Vinaigrette, French, Honey Mustard, Italian, Lite Italian, Ranch

ACCOMPANIMENTS

Buttered Broccoli

Buttermilk Mashed Potatoes

Cranberry Coleslaw

Creamy Polenta

Delmonico Potatoes

 **Dill Carrots**

 **Green Beans and Mushrooms**

 **Herbed Asparagus**

 **Italian Blend Veggies**

 **Mixed Veggies**

 **Peas and Pearl Onions**

Pesto Corn

Spiced Sweet Potatoes

 **Spinach with Garlic**

 **Steamed White Rice**

 **Veggie Orzo**

 **Wild Rice Blend**

SAMPLE DINING MENU

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FEATURED ENTRÉES

Herb-Crusted Roast Beef

Slow cooked Beef Rib rubbed with Peppercorns, Garlic, Rosemary, Parsley and Olive Oil served with Bordelaise Sauce

BBQ Pulled Pork Sandwich

Slow roasted Pork shredded and mixed with a tangy BBQ Sauce served on a Kaiser Roll with Pickle Spear

Beef Stroganoff

Tender pieces of Beef sautéed with Onion in a creamy Mushroom Sauce served over Parslied Noodles

Turkey Meatloaf

Fresh ground Turkey seasoned and cooked to perfection served with Gravy

Cheese Ravioli

Fresh Pasta filled with Ricotta, Mozzarella and Provolone Cheese drizzled with Marinara Sauce and served with Garlic Bread

Spaghetti with Meatballs

Big, tasty Beef Meatballs simmered in an Italian Tomato Sauce served with Garlic Bread

SAMPLE DINING MENU

 **BAYSIDE PARK**
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FEATURED ENTRÉES *(CONTINUED)*



Citrus Turkey Breast

Roasted Breast of Turkey seasoned with Citrus served with choice of Vegetable



Rosemary Chicken

Breast of Chicken seasoned with Lemon, Rosemary and Garlic then baked to a golden brown



Roasted Veggie Pizza

Focaccia Bread with a scrumptious Pesto Sauce topped with Mozzarella Cheese, roasted Bell Pepper, Yellow Squash and Eggplant



Lemon Baked Swai

Swai Fish Filet seasoned with White Wine Sauce and oven baked



Crumb Baked Fish Filet

Fresh Filet of Fish baked with Lemon and Bread Crumbs served with Tartar Sauce

SAMPLE DINING MENU

 **BAYSIDE PARK**
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DESSERTS

Banana Split Ice Cream Sundae

Ice Cream (assorted flavors)

Banana Pudding

Carmel Apple Bread Pudding

Key Lime Pie

Lemon Meringue Pie

Pumpkin Pie

Pineapple Upside Down Cake

Tropical Fruit Parfait

Raspberry and Chocolate Brownie

Strawberry Mousse