

Our chefs are constantly introducing new menus for our residents to enjoy. Below is a sampling of menu items our residents enjoy daily.

 **Options**

This heart healthy symbol indicates a low fat, low cholesterol and low sodium item.

## SOUP

*Chicken and Rice*

*Cream of Carrot*

*French Onion*

*Hearty Vegetable*

*Minestrone*

*Pepper Pot*

## SALADS

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

*Garden Vegetable Salad*

 **House Salad**

*Applesauce*

*Cottage Cheese*

*Sliced Tomatoes*

*Mixed Fruit (Honeydew, Cantaloupe, Grapes & Pineapple)*

**BAY  
VIEW**  
DINING ROOM

 **THE FOUNTAINS**  
AT BOCA CIEGA BAY

## ACCOMPANIMENTS

♥ *Sweet Potato*

*Mashed Potatoes*

*Potato Wedges or French Fries*

*Fresh Fried Potato Chips*

♥ *Brussels Sprouts*

*Buttered Okra*

♥ *Broccoli*

*Capri Mixed Vegetables*

♥ *Carrot Soufflé*

*Creamed Corn*

♥ *Lima Beans*

♥ *Summer Blend Vegetables*

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## FEATURED ENTRÉES

### *Beef Brisket*

Tender Beef Brisket served with Brown Gravy

### *Veal Piccata*

Tender Veal with a creamy Lemon Butter Capers Sauce

### *Beef Pot Roast*

Tender Beef in a Brown Gravy

### *Meatloaf*

Traditional Meatloaf with a blend of seasonings

### *Beef Enchilada*

Seasoned Ground Beef rolled in a Corn Tortilla and topped with Cheese

### *Beef and Vegetable Stir Fry*

Tender strips of Beef sautéed with Vegetables

### *Roast Chicken*

Oven Roasted Chicken with choice of White or Dark Meat served with a homemade Muffin

### *Smokey Mountain Chicken*

Chicken Breast topped with Barbeque Sauce, Bacon, Cheese, Tomatoes and Green Onions

### *Salmon*

Choice of Grilled, Blackened, Oven Baked or Fried

 (Grilled, Oven Baked)

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## FEATURED ENTRÉES (CONTINUED)

### *Crab Cakes*

Traditional Crab Cakes served with a Remoulade Sauce

### *Pasta Primavera*

Pasta with Vegetables in a Creamy Tomato Sauce

### *Eggplant Parmesan*

Breaded Eggplant served with Marinara Sauce and topped with Cheese

### *Swiss Spinach Quiche*

Spinach, Swiss Cheese and Eggs in a Flaky Pie Crust

### *Egg Salad Croissant*

Egg Salad served on a Buttery Croissant

### *BLT on White Toast*

Bacon, Lettuce, Tomato and Mayonnaise on toasted White Bread served with Chips

### *Hot Roast Beef Sandwich*

Tender slices of Roast Beef served open faced

### *Mediterranean Chicken Burger*

Ground Chicken Patty with Peppers, Spinach, seasonings and Feta Cheese served on a toasted Kaiser Bun

### *Chicken Slider*

Chicken Thigh on a Slider Bun

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## ALWAYS AVAILABLE ENTRÉE SELECTIONS

### *Eggs Your Way*

Available with Whole, Liquid or Egg Whites

♥ (Egg Whites)

### *Omelet*

Create your own from the following choices:

Peppers, Onions, Olives, Cheese, Mushrooms, Bacon, Sausage, Ham

### *Western Omelet*

Ham, Peppers, Onions and American Cheese

♥ *Grilled Marinated Chicken Breast (4oz or 8oz)*

A Breast of Chicken seasoned and grilled to perfection

### *Fountains Burger (Ground Beef, Turkey or Garden)*

Ground Beef grilled to perfection and served with Lettuce, Tomato and Onion on a toasted Kaiser Bun

♥ (Turkey, Garden)

### *Deli Sandwich*

Choice of Deli Meat served with Lettuce, Tomato, Onion, Mayonnaise and Mustard on choice of Bread

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## DESSERTS

*Strawberry Rhubarb Pie*

*Red Velvet Cake*

*Boston Cream Pie*

*Tiramisu*

*Lemon Cake*

*Caramel Apple Bar*

*Peach Pie*

*Mayfield Ice Cream or Frozen Yogurt*

*Working Cow, No Sugar Added Ice Cream*

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