

## Sample New Horizons Menu

Both New Horizons use basically the same menu in all dining rooms. The menu below is a typical week of the six-week Winter Cycle. A completely different Summer Menu is served during the six warmer months. Small variations will always occur.

In addition to the items shown, a number of popular “always available” items including various sandwiches, omelets, etc., may be substituted at any time for additional choices. Residents are encouraged to select either our standard “Healthy Portions,” or “Half Portions,” or “Hearty Portions,” and to vary this anytime they wish. Dinner menus typically include salad and three vegetables each evening.



### MONDAY

Breakfast	Lunch	Dinner
Buttered French Toast with fruit garnish Sliced Bacon Maple Syrup	Grilled Ham and Cheese Sand. ~ or ~ American Chop Suey	Baked Chicken with Rice Pilaf ~ or ~ Vegetable Ravioli w/ Meatballs
Breakfast Breads	French Onion Soup	Green Leaf Salad
Hot Cream of Wheat	Tropical Fruit Salad	Green Peas Wax Beans
Assorted Cold Cereals Juice and Fruit Coffee, Tea, Milk, Skim Milk, Juice	Walnut Brownies	New York Style Cheese Cake
	Ice Cream, Sherbet Frozen Yogurt, Jello, Fruit Coffee, Tea, Milk, Skim Milk, Juice	Ice Cream, Sherbet Frozen Yogurt, Jello, Fruit Coffee, Tea, Milk, Skim Milk, Juice

### TUESDAY

Breakfast	Lunch	Dinner
Fresh Broccoli Quiche Sausage Patties Home made Coffee Cake	Fruit Salad with Cottage Cheese ~ or ~ Tuna Salad Plate	Broiled Lamb Chop ~ or ~ Catch of the Day
Breakfast Breads	Tomato Rice Soup	Spinach Salad
Hot Oatmeal	Potato Salad	Baked Potato Butternut Squash Broccoli
Assorted cold Cereals Juice and Fruit Coffee, Tea, Milk, Skim Milk, Juice	Baked Coconut Custard	Banana Pecan Pie
	Ice Cream, Sherbet Frozen Yogurt, Jello, Fruit Coffee, Tea, Milk, Skim Milk, Juice	Ice Cream, Sherbet Frozen Yogurt, Jello, Fruit Coffee, Tea, Milk, Skim Milk, Juice

**WEDNESDAY**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Baked Cheese Omelet Hash Brown Potatoes Canadian Bacon	Tuna Casserole ~ or ~ Chicken Salad Plate	Yankee Pot Roast ~ or ~ Broiled Seafood Plate
Breakfast Breads	Home Fries Vegetable Beef Soup Molded Fruit Salad	Spinach Salad Mashed Potatoes Boiled Turnip Green Beans
Hot Maypo Cereal	Mint Chocolate Cookies	Carrot Spice Cake
Assorted Cold Cereals	Ice Cream, Sherbet	Ice Cream, Sherbet
Juice and Fruit	Frozen Yogurt, Jello, Fruit	Frozen Yogurt, Jello, Fruit
Coffee, Tea, Milk, Skim Milk, Juice	Coffee, Tea, Milk, Skim Milk, Juice	Coffee, Tea, Milk, Skim Milk, Juice

**THURSDAY**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Eggs Benedict with Home Fries Canadian Bacon Warm Croissants	Broiled Salmon Club Sandwich ~ or ~ Corned Beef Sandwich on Rye with mustard	Baked Virginia Ham ~ or ~ Chicken Tetrazini
Breakfast Breads	Chicken Rice Soup Ambrosia Salad	European Salad Duchess Potatoes California Vegetable Blend Harvard Beets
Hot Cream of Wheat	Bread Pudding w/ Lemon Sauce	Fudge Layer Cake
Assorted Cold Cereals	Ice Cream, Sherbet	Ice Cream, Sherbet
Juice and Fruit	Frozen Yogurt, Jello, Fruit	Frozen Yogurt, Jello, Fruit
Coffee, Tea, Milk, Skim Milk, Juice	Coffee, Tea, Milk, Skim Milk, Juice	Coffee, Tea, Milk, Skim Milk, Juice

**FRIDAY**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Blueberry Pancakes with maple syrup Sliced Bacon	Corn Chowder and Grilled Hamburger ~ or ~ Shrimp Salad Roll	Seafood Newburg in Puff Pastry ~ or ~ Roasted Chicken Quarter
Breakfast Breads	Waldorf Salad	Mesclun Salad
Hot Oatmeal with Raisins	Blonde Brownies	Sliced Carrots Delmonico Potatoes, Spinach
Assorted Cold Cereals	Ice Cream, Sherbet	Cherry Pie a la mode
Juice and Fruit	Frozen Yogurt, Jello, Fruit	Ice Cream, Sherbet
Coffee, Tea, Milk, Skim Milk, Juice	Coffee, Tea, Milk, Skim Milk, Juice	Frozen Yogurt, Jello, Fruit Coffee, Tea, Milk, Skim Milk, Juice

**SATURDAY**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Scrambled Eggs Grilled Ham Cheese Grits Assorted Donuts	Grilled Chicken Sandwich ~ or ~ Franks and Homemade Baked Beans with Brown Bread Split Pea Soup with Ham	Slow Roasted Sliced Sirloin ~ or ~ Pork Tenderloin
Breakfast Breads	Mixed Fruit Salad	Caesar Salad
Hot Maypo	Blueberry Streusel	Baked Sweet Potato Green Beans Mixed Vegetables
Assorted Cold Cereals	Ice Cream, Sherbet	Black Forest Cake
Juice and Fruit	Frozen Yogurt, Jello, Fruit	Ice Cream, Sherbet
Coffee, Tea, Milk, Skim Milk, Juice	Coffee, Tea, Milk, Skim Milk, Juice	Frozen Yogurt, Jello, Fruit Coffee, Tea, Milk, Skim Milk, Juice

**SUNDAY**

<b>Breakfast</b>	<b>Dinner</b>	<b>Lt. Supper</b>
Omelets to Order Breakfast Sausage Assorted Danish Pastry	Broiled Salmon Filet with dill sauce ~ or ~ Roast Fresh Turkey	Soup Du Jour and Sandwich ~ or ~ Chef's Choice
Breakfast Breads	European Salad Cranberry Sauce Fresh Asparagus, Buttered Corn Rice Pilaf Cornbread Stuffing	Ice Cream Sundaes
Hot Cream of Wheat	Angel-food Cake w/ Strawberries	Ice Cream, Sherbet
Assorted Cold Cereals	Ice Cream, Sherbet	Frozen Yogurt, Jello, Fruit
Juice and Fruit	Frozen Yogurt, Jello, Fruit	Coffee, Tea, Milk, Skim Milk, Juice
Coffee, Tea, Milk, Skim Milk, Juice	Coffee, Tea, Milk, Skim Milk, Juice	

**Additional notes:**

- At NHM soup is typically offered with each lunch, and salad with each dinner meal. At NH Choate, soup and salad are offered with each lunch and salad each evening.
- Red and white wines are typically offered every evening and during Sunday dinner without additional cost.
- All menus are written by an experienced hospital dietitian and are reviewed twice each year by an outside registered dietitian. Both menus and food preparation are routinely discussed, as well, with the resident Food Service Committee in each community. All meals are supervised and prepared by New Horizon's own staff of culinary professionals.
- Typical of the supplemental menu items which are considered "always available" at any meal are a variety of egg omelets; sandwiches such as sliced turkey, egg salad, peanut butter and tuna fish; chicken soup; fresh fruit cup; a variety of ice creams; hot chocolate; home made cookies, etc.
- Every effort is made to recognize that mealtimes are an extremely important part of every day at New Horizons. Top quality ingredients are used at all times, and meals are prepared with great attention to details. Appropriate garnishes and the friendly companionship of table mates and dining room staff also do much to make mealtimes the highlights of the day.