

# Prairie Bluffs Senior Living

# May

# 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Breakfast:</b> 1 Continental Breakfast <b>Noon</b> Braised Beef Tips Garlic Mash Potatoes Maple Glazed Carrots <b>Evening</b> Homemade Lasagna Garlic Toast	<b>Breakfast:</b> 2 Continental Breakfast <b>Noon</b> Hungarian Pork Tips Garden Rice Squash Medley <b>Evening</b> Grilled Bratwurst German Potato Salad	<b>Breakfast:</b> 3 Continental Breakfast <b>Noon</b> Honey Glazed Turkey Sweet Potato Wedges Mixed Vegetables <b>Evening</b> Asian Chicken Salad Breadstick	<b>Breakfast:</b> 4 Continental Breakfast <b>Noon</b> Homemade Meatloaf Mashed Potatoes Green Beans <b>Evening</b> Grilled Cheese and Tomato Soup	<b>Breakfast:</b> 5 Continental Breakfast <b>Noon</b> Chicken Enchiladas Spanish Rice Seasoned Corn <b>Evening</b> Chicken Salad on a Croissant Potato Chios	<b>Breakfast:</b> 6 Continental Breakfast <b>Noon</b> Pineapple Glazed Ham Roasted Fingerling Potatoes Spinach <b>Evening</b> Tater Tot Hot Dish Dinner Roll
<b>Breakfast:</b> 7 Continental Breakfast <b>Noon</b> Shrimp Alfredo Seasoned Noodles Prince Edward Vegetables <b>Evening</b> Meatball Sub Fresh Fruit	<b>Breakfast:</b> 8 Continental Breakfast <b>Noon</b> Fried Chicken Mashed Potatoes Brussels Sprouts <b>Evening</b> California Burger French Fries	<b>Breakfast:</b> 9 Continental Breakfast <b>Noon</b> Maple Glazed Pork Roast Oven Browned Potatoes Capri Vegetables <b>Evening</b> Turkey BLT Potato Chips	<b>Breakfast:</b> 10 Hot Breakfast <b>Noon</b> Thyme Baked Chicken Scalloped Potatoes Broccoli Au Gratin <b>Evening</b> Grilled Rubeen Sandwich Potato Salad	<b>Breakfast:</b> 11 Continental Breakfast <b>Noon</b> Beef Stroganoff Egg Noodles Carrots <b>Evening</b> Taco Salad Sour Cream, Salsa and Guac	<b>Breakfast:</b> 12 Continental Breakfast <b>Noon</b> Chicken Teriyaki Pineapple Rice Oriental Vegetables <b>Evening</b> Deep Fried Shrimp Confetti Coleslaw	<b>Breakfast:</b> 13 Continental Breakfast <b>Noon</b> BBQ Ribs Baked Beans Buttered Corn <b>Evening</b> Hard Shell Tacos Seasoned Rice
<b>Breakfast:</b> 14 Continental Breakfast <b>Noon</b> Maple Glazed Salmon Baked Potato Normandy Vegetables <b>Evening</b> Chicken Bacon Ranch Wrap Italian Pasta Salad	<b>Breakfast:</b> 15 Continental Breakfast <b>Noon</b> Ginger Pot Roast Garlic Mashed Potatoes Green Beans <b>Evening</b> Baked Penne Pasta Side Salad	<b>Breakfast:</b> 16 Continental Breakfast <b>Noon</b> Mesquite Roasted Turkey Wild Rice Blend Asparagus <b>Evening</b> Crab Salad on a Croissant Fresh Fruit	<b>Breakfast:</b> 17 Hot Breakfast <b>Noon</b> BBQ Ham Steak Sweet Potato Casserole Broccoli <b>Evening</b> Sloppy Joe on a Bun Potato Wedges	<b>Breakfast:</b> 18 Continental Breakfast <b>Noon</b> Spaghetti and Meatballs Italian Vegetables Garlic Toast <b>Evening</b> Chicken Al A King Puff Pastry	<b>Breakfast:</b> 19 Continental Breakfast <b>Noon</b> Marinated Chicken Baked Potato Spinach <b>Evening</b> Chili Cheese Dog Potato Chips	<b>Breakfast:</b> 20 Continental Breakfast <b>Noon</b> Country Fried Steak Mashed Potatoes Buttered Corn <b>Evening</b> Chicken Pot Pie Dinner Roll
<b>Breakfast:</b> 21 Continental Breakfast <b>Noon</b> Swiss Steak Roasted Finger Potatoes Green Beans <b>Evening</b> Fish and Chips Tartar Sauce	<b>Breakfast:</b> 22 Continental Breakfast <b>Noon</b> Breaded Pork Chop Stuffing Buttered Cauliflower <b>Evening</b> Homemade Pizza Italian Side Salad	<b>Breakfast:</b> 23 Continental Breakfast <b>Noon</b> Ranchers Chicken Mashed Sweet Potatoes Brussels Sprouts <b>Evening</b> Ham and Cheese on a Pretzel Bun Potato Salad	<b>Breakfast:</b> 24 Hot Breakfast <b>Noon</b> Swedish Meatballs Egg Noodles Broccoli <b>Evening</b> Grilled Patty Melt Ranch Style Potatoes	<b>Breakfast:</b> 25 Continental Breakfast <b>Noon</b> Chicken Cordon Bleu Autumn Rice Pilaf Mixed Vegetables <b>Evening</b> Homemade Goulash Dinner Roll	<b>Breakfast:</b> 26 Continental Breakfast <b>Noon</b> Beer Battered Walleye Baked Potato Asparagus <b>Evening</b> Chicken Chow Mein White Rice	<b>Breakfast:</b> 27 Continental Breakfast <b>Noon</b> Salisbury Steak Mashed Potatoes Green Beans <b>Evening</b> Chicken Tenders French Fries
<b>Breakfast:</b> 28 Continental Breakfast <b>Noon</b> Chicken Parmesan Linguini Brussels Sprouts <b>Evening</b> Homemade Chili Cornbread	<b>Breakfast:</b> 29 Continental Breakfast <b>Noon</b> BBQ Beef Brisket Parmesan Potatoes Peas and Carrots <b>Evening</b> Pulled Pork Sandwich Coleslaw	<b>Breakfast:</b> 30 Continental Breakfast <b>Noon</b> Breaded Pork Chop Mashed Potatoes Candied Carrots and Parsnips <b>Evening</b> BLT Wrap Fresh Fruit	<b>Breakfast:</b> 31 Continental Breakfast <b>Noon</b> Chicken and Dumplings Seasoned Vegetables <b>Evening</b> Ham and Cheese Croissant Potato Chips	Noon and Evening meals are accompanied with a choice of Homemade Soup, Fresh Fruit Garden Salad, Dinner Roll and Dessert  *Alternate Menu is available upon request	Continental Breakfast Served M, T, Th, F, Sat, & Sun  Toast, Cereal, Fresh Fruit, Hard-boiled Eggs, Pastries and Yogurt	Hot Breakfast Served Every Wednesday  May include/not limited to Bacon, Sausage, Eggs, Hashbrowns and Pancakes  All meals are subject to change with proper notice