

Prairie Bluffs Senior Living

June2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 during meal times	Continental Breakfast Served Sat & Sun Toast, Cereal, Fresh Fruit, Hard-boiled Eggs, Pastries and Yogurt	Hot Breakfast Served Monday through Friday Bacon, Sausage, Eggs, Hashbrowns and Pancakes All meals are subject to change with proper notice		Breakfast: 1 Hot Breakfast Noon Homemade Meatloaf Mashed Potatoes Green Beans Evening Grilled Cheese and Tomato Soup	Breakfast: 2 Hot Breakfast Noon BBQ Pork Wing Cheesy Potatoes Broccoli Evening Chicken Salad on a Croissant Potato Chios	Breakfast: 3 Continental Breakfast Noon Pineapple Glazed Ham Roasted Fingerling Potatoes Spinach Evening Tater Tot Hot Dish Dinner Roll
Breakfast: 4 Continental Breakfast Noon Shrimp Alfredo Seasoned Noodles Prince Edward Vegetables Evening Meatball Sub Fresh Fruit	Breakfast: 5 Hot Breakfast Noon Beef Fajita Salad Black Bean Salsa Sour Cream and Guac Evening California Burger French Fries	Breakfast: 6 Hot Breakfast Noon Maple Glazed Pork Roast Oven Browned Potatoes Capri Vegetables Evening Turkey BLT Potato Chips	Breakfast: 7 Hot Breakfast Noon Thyme Baked Chicken Scalloped Potatoes Broccoli Au Gratin Evening Grilled Rueben Sandwich Potato Salad	Breakfast: 8 Hot Breakfast Noon Beef Stroganoff Egg Noodles Carrots Evening Taco Salad Sour Cream, Salsa and Guac	Breakfast: 9 Hot Breakfast Noon Chicken Teriyaki Pineapple Rice Oriental Vegetables Evening Deep Fried Shrimp Confetti Coleslaw	Breakfast: 10 Continental Breakfast Noon BBQ Ribs Baked Beans Buttered Corn Evening Homemade Loaded Mac and Cheese Dinner Roll
Breakfast: 11 Continental Breakfast Noon Manicotti w/ Meat sauce Garlic Toast Zucchini Evening Chicken Bacon Ranch Wrap Italian Pasta Salad	Breakfast: 12 Hot Breakfast Noon Ginger Pot Roast Garlic Mashed Potatoes Green Beans Evening Baked Penne Pasta Side Salad	Breakfast: 13 Hot Breakfast Noon Mesquite Roasted Turkey Wild Rice Blend Asparagus Evening Crab Salad on a Croissant Fresh Fruit	Breakfast: 14 Hot Breakfast Noon BBQ Ham Steak Sweet Potato Casserole Broccoli Evening Sloppy Joe on a Bun Potato Wedges	Breakfast: 15 Hot Breakfast Noon Spaghetti and Meatballs Italian Vegetables Garlic Toast Evening Chicken Al A King Puff Pastry	Breakfast: 16 Hot Breakfast Noon Marinated Chicken Baked Potato Spinach Evening Chili Cheese Dog Potato Chips	Breakfast: 17 Continental Breakfast Noon Country Fried Steak Mashed Potatoes Buttered Corn Evening Chicken Pot Pie Dinner Roll
Breakfast: 18 Continental Breakfast Noon BBQ Beef Brisket Parmesan Potatoes Peas and Carrots Evening California Chicken Sandwich Onion Rings	Breakfast: 19 Hot Breakfast Noon Breaded Pork Chop Stuffing Buttered Cauliflower Evening Homemade Pizza Italian Side Salad	Breakfast: 20 Hot Breakfast Noon Smoked Tri Tip Steak Baked Potato Glazed Carrots Evening Ham and Cheese on a Pretzel Bun Potato Salad	Breakfast: 21 Hot Breakfast Noon Swedish Meatballs Egg Noodles Broccoli Evening Grilled Patty Melt Ranch Style Potatoes	Breakfast: 22 Hot Breakfast Noon Chicken Cordon Bleu Autumn Rice Pilaf Mixed Vegetables Evening Homemade Goulash Dinner Roll	Breakfast: 23 Hot Breakfast Noon Beer Battered Walleye Baked Potato Asparagus Evening Chicken Chow Mein White Rice	Breakfast: 24 Continental Breakfast Noon Salisbury Steak Mashed Potatoes Green Beans Evening Chicken Tenders French Fries
Breakfast: 25 Continental Breakfast Noon Chicken Parmesan Linguini Brussels Sprouts Evening Homemade Chili Cornbread	Breakfast: 26 Hot Breakfast Noon Maple Glazed Salmon Baked Potato Normandy Vegetables Evening Pulled Pork Sandwich Coleslaw	Breakfast: 27 Hot Breakfast Noon Breaded Pork Chop Mashed Potatoes Candied Carrots and Parsnips Evening BLT Wrap Fresh Fruit	Breakfast: 28 Hot Breakfast Noon Chicken and Dumplings Seasoned Vegetables Evening Ham and Cheese Croissant Potato Chips	Breakfast: 29 Hot Breakfast Noon Braised Beef Tips Garlic Mash Potatoes Maple Glazed Carrots Evening Homemade Lasagna Garlic Toast	Breakfast: 30 Hot Breakfast Noon Hungarian Pork Tips Garden Rice Squash Medley Evening Grilled Bratwurst German Potato Salad	