



Today's Menu

Breakfast

Pineapple Juice
Oatmeal
Scrambled Eggs
Cinnamon Roll
Milk/Coffee

Lunch

Strawberry Fields Gelatin Salad
Roast leg of Lamb/Mint Jelly
Carrots/Dill
Wild Rice
Dinner Roll/Margarine
Banana Cake
Beverage

Dinner

Mushroom Barley Soup
Egg Salad w/Mini Croissant
Potato Chips
Fresh Pineapple Chunks
Beverage

Substitutes

Lunch - Salisbury Steak
Dinner - Grilled Cheese

*Here's a sample menu—
a little taste of what's in store for
you from our dining staff!*



**COVENANT VILLAGE
OF NORTHBROOK**

A Covenant Retirement Community

2625 Techny Road | Northbrook, IL 60062

CovenantRetirementCommunitiesisaministryoftheEvangelicalCovenantChurch.

847-480-6380

www.CovenantNorthbrook.org



CovenantRetirementCommunitiesdoesnotdiscriminatepursuanttothefederalFairHousingAct.



Today's Menu

Breakfast

Orange Juice
Oatmeal
Waffle/Syrup
Breakfast Ham Steak
Margarine/Jelly
Beverage

Lunch

Turkey Spinach Orzo Soup
Fish & Chips w/Tartar Sauce/Catsup
Macaroni Salad
Rainbow Sherbet
Beverage

Dinner

Carrot Raisin Salad
Beef Stroganoff
Noodles
Whole Green Beans
Dinner Roll/Margarine
Cherry Pie
Beverage

Substitutes

Lunch - Corned Beef & Swiss on Rye

Dinner - Vegetable Lasagna

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Breakfast

Orange Juice
Oatmeal
Scrambled Eggs
Wheat Toast
Margarine/Jelly
Orange Wedges
Beverage

Lunch

Potato Bacon Chowder
Ham & Swiss on Rye Bread/Mustard
Lettuce & Tomato Slice
Fried Zucchini Sticks
Oreo Pudding Parfait
Beverage

Dinner

Sea Foam Gelatin Salad
Chopped Beef Steak w/Mushroom Gravy
Mashed Potatoes
Capri Mixed Vegetables
Dinner Roll/Margarine
Piña Colada Cake
Beverage

Substitutes

Lunch - Cottage Cheese Fruit Plate
Dinner - Cranberry Stuffed Sage Chicken

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Breakfast

Pineapple Juice
Oatmeal
Scrambled Eggs
Assorted Muffins
Melon
Beverage

Lunch

Artichoke & Spinach Soup
BBQ Pulled Pork/Bun
Asian Pineapple Slaw
Baked Custard
Beverage

Dinner

Tossed Garden Salad w/Dressing
Baked Grouper/Lemon Wedge/Tartar Sauce
Brown Rice
Cauliflower w/Cheese Sauce
Lemon Pudding Cake w/Lemon Sauce
Beverage

Substitutes

Lunch - Chicken a la King/Puff Pastry
Dinner - Baked Ziti w/Sausage

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Today's Menu

Breakfast

Cranberry Juice
Oatmeal
French Toast/Syrup
Canadian Bacon
Banana Half
Beverage

Lunch

Carrot Soup
Chicken Tenders
Mustard & BBQ Sauce Dips
Cole Slaw
Corn Muffin
Fresh Fruit Cup
Beverage

Dinner

Spinach Salad w/Bacon Dressing
Roast Pork Loin
Apple & Raisin Stuffing
Broccoli
Boston Cream Pie
Beverage

Substitutes

Lunch - Tuna Salad Sandwich

Dinner - Stuffed Shells

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Breakfast

Apple Juice
Oatmeal
Banana Pancakes
Sausage Links
Margarine/Syrup
Beverage

Lunch

Lentil Soup
Turkey Club Sandwich
Minted Cucumber Salad
Ice Cream Novelty
Beverage

Dinner

Waldorf Salad
BBQ Ribs
Baked Mac & Cheese
Roasted Zucchini
Dinner Roll/Margarine
Strawberry Mousse
Beverage

Substitutes

Lunch - Egg Salad Sandwich
Dinner - Cheese Ravioli w/Marinara Sauce

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Apple Juice
Oatmeal
Scrambled Egg
Bacon
Raisin Toast
Margarine/Jelly
Beverage

Lunch

Beef Noodle Soup
Grilled Citrus Shrimp Salad
Bread Stick/Margarine
Lemon Square
Beverage

Dinner

Gingerale Gelatin Salad
Asian Pepper Steak
Jasmine Rice
Vegetable Egg Roll/Sauce
Peach Ice Cream
Beverage

Substitutes

Lunch - Salami Sandwich

Dinner - Cabbage Roll

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Available Menu Substitutions

Breakfast

Variety of Juices
Dry Cereal
Prunes, Bananas
Fried Egg or Poached Egg
Variety of Toast

Lunch & Dinner

Sandwiches:

Turkey, PB&J, Salami,
Egg Salad, and Grilled Cheese
Cottage Cheese Fruit Plate

Desserts

Ice Cream Available M-W-F
Fresh Fruit, Yogurt, Pound Cake
No Sugar Added Ice Cream

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