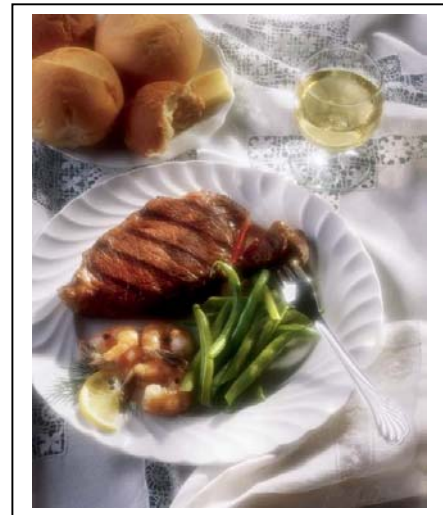


Sample New Horizons Menu

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

| Breakfast | Lunch | Dinner |
|--|---|--|
| 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

| Breakfast | Lunch | Dinner |
|--|---|---|
| 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

| Breakfast | Lunch | Dinner |
|---|---|---|
| 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

| Breakfast | Lunch | Dinner |
|--|---|--|
| 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

| Breakfast | Dinner | Lt. Supper |
|---|---|--|
| 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.