

# SAMPLE MENU

## MEER & HECHTMAN APARTMENTS

### MONDAY

Hearty Vegetable Soup | House Salad | Marinated Vegetable Salad  
Beef Stew in a Bread Bowl or Beer Battered Chicken Strips  
Tri-Colored Beets  
Brownie | Sugar Free Brownie

### TUESDAY

Split Pea Soup | House Salad | Coleslaw  
Lemon Herb Cod or Grilled Chicken Club  
Corn on the Cob  
Potato Wedges  
Cookie | Sugar Free Cookie

### WEDNESDAY

Navy Bean Soup | Michigan Salad | House Salad  
Chicken Marsala | Spaghetti with Marinara or Meat Sauce  
Garlic Bread  
Glazed Carrots  
Peach Crisp | Sugar Free Peach Crisp

### THURSDAY

Wonton Soup | House Salad | Sugar Snap Pea Salad  
Baked Lemon Tilapia | Orange Chicken  
Brown Rice & Egg Rolls  
Broccoli  
Almond Cookies | Sugar Free Almond Cookies

### FRIDAY

Matzo Ball Soup | House Salad | Corn and Bean Salad  
Stuffed Cabbage | Grilled Salmon with Dill Sauce  
Mashed Redskin Potatoes  
Sauteed Spinach and Garlic  
Pound Cake with Strawberry Sauce | Sugar Free Pound Cake with  
Strawberry Sauce

Alternate choices always available: Tuna Salad Scoop, Egg Salad Scoop, Chopped Liver Plate, Baked Chicken, Knockwurst, Corned Beef Sandwich or Wrap, Baked Potato, Sweet Potato, Applesauce, Fruit of the Day.

