

Our chefs are constantly introducing new menus for our residents. Below is a sampling of menu items our residents enjoy daily.

 *Heart Healthy Options*

This heart healthy symbol indicates a low fat, low cholesterol and low sodium item.

SOUP

Broccoli Cheese

Chicken Lentil

Cream of Tomato

Minestrone

New England Clam Chowder

Manhattan Clam Chowder

Potato Chowder with Peppers

Round Bean

**SAMPLE
DINING
MENU**



PACIFIC REGENT
BELLEVUE

SAMPLE DINING MENU



SALADS

Dressings: Blue Cheese, Balsamic Vinaigrette, Raspberry Vinaigrette, French, Honey Mustard, Italian, Lite Italian, Ranch

Philly Steak Salad

Artisan Greens topped with sliced Philly Beef, sautéed Mushrooms and Onions, garnished with Tomatoes and Bleu Cheese, served with choice of Dressing

Chopped Turkey Salad

Mixed Greens topped with roasted Turkey Breast, Peppers, Garbanzo Beans, Mushrooms, Olives and Cheddar Cheese, served with choice of Dressing

Asian Chicken Salad

Chopped Cabbage topped with Peppers, Scallions, Celery, Carrots, Almonds, Mandarin Oranges and Teriyaki Chicken, served with Sesame-Ginger Dressing

Red, White and Blueberry Salad

Romaine Lettuce topped with diced Chicken, sliced Strawberries, diced Apples, Blueberries and Bleu Cheese Crumbles, served with choice of Dressing

Tuna Nicoise Salad

Mixed Greens topped with White Albacore Tuna, diced Tomatoes, Olives, Artichoke Hearts, Red Potatoes and Hard Boiled Egg, served with choice of Dressing

Smoked Trout Salad

Mixed Greens Topped with Smoked Trout, Craisins, Apples and Pecans, served with choice of Dressing

Salmon Caesar Salad

Romaine Lettuce topped with chilled baked Salmon Filet, Parmesan Cheese and Croutons, served with Caesar Dressing

SAMPLE DINING MENU



PACIFIC REGENT
BELLEVUE

APPETIZERS

Fruited Ambrosia

 Grapefruit and Avocado Salad

Honeyed Goat Cheese Tartlet

 Hummus and Naan Bread

Italian Sausage Stuffed Mushrooms

Prawns with Cocktail Sauce

 Tomato Basil Bruschetta

ACCOMPANIMENTS

Au Gratin Potatoes

 Baked Herb Tomato

Buttered Zucchini

 Chef's Vegetable Blend

Cornbread Stuffing

 Dilled Baby Carrots

 Fresh Sautéed Spinach

Loaded Mashed Potatoes

SAMPLE DINING MENU



PACIFIC REGENT
BELLEVUE

ACCOMPANIMENTS *(CONTINUED)*

-  Mushroom Rice Pilaf
-  Orzo Florentine
-  Rice with Peas
-  Roasted Butternut Squash
-  Roasted Carrot Coins
-  Roasted Curry Cauliflower
-  Roasted Red Potatoes
-  Sautéed Snap Peas
-  Seasoned Asparagus
-  Seasoned Beets
-  Steamed Corn
-  Steamed Green Beans
-  Steamed Yellow Squash

SAMPLE DINING MENU



PACIFIC REGENT
BELLEVUE

FEATURED ENTRÉES

Sweet and Sour Meatballs

Housemade Meatballs baked with Pineapple chunks, Peppers and Sweet and Sour Sauce

Herb Rubbed Pork with Peaches

Roasted Pork Loin topped with Honey-Cinnamon Peaches

Brown Sugar Glazed Ham

Pit Ham glazed with Brown Sugar and Cloves

Veal Osso Buco

Veal braised in Red Wine and garden fresh Herbs and served with Carrots, Celery and Onions

Homestyle Pork and Vegetable Stew

Tender Pork Cubes braised with Carrots, Potatoes and Onions in a hearty Pork Gravy

Chicken Cordon Bleu

Boneless Chicken Breast stuffed with Ham and Swiss Cheese, breaded with Panko Bread Crumbs then baked and served with a Creamy White Wine Sauce

SAMPLE DINING MENU



PACIFIC REGENT
BELLEVUE

FEATURED ENTRÉES *(CONTINUED)*

Chicken Parmesan

Breaded Chicken Breast baked with Cheese and topped with Marinara Sauce

Turkey Scallopini

Panko breaded Turkey Breast Cutlet baked to perfection and served with Turkey Gravy

Chicken Florentine Lasagna

Layers of Lasagna Noodles filled with herbed Chicken, Spinach, Ricotta and Mozzarella Cheese, covered in a creamy Alfredo Sauce and baked



Lemon-Pepper Pollack

Baked Pollack Filet lightly seasoned with Lemon-Pepper Seasoning



Coconut Crusted Tilapia

Baked Tilapia Filet encrusted with Coconut served with a Thai Sweet Chili-Coconut Milk Sauce



Tropical Mahi-Mahi

Moist and delicately baked skin-on Filet of Mahi-Mahi served with a Tropical Fruit Salad



Cod Veracruz

Simmered Cod Filet flavored with South of the Border Flavors

SAMPLE DINING MENU



DESSERT

Banana Cream Pie

Flakey Pastry Shell filled with Bananas and Vanilla Custard topped with Whipped Cream

Cherry Crisp

Cherry Pie Filling topped with Oats and Brown Sugar

Coconut Citrus Bar

Sugar Cookie Crust with a Citrus Filling dusted with Coconut Flakes

German Chocolate Cake

Moist, dense Chocolate Cake with a decadent Pecan and Coconut Frosting

Lavender Crème Brûlée

Vanilla Bean and Lavender Custard with a Caramelized Sugar Crust

Marbled Brownie

Rich Chocolate Brownie with a ribbon of seedless Raspberry Sauce

Ice Cream & Frozen Yogurt

Salted Caramel Ice Cream, Wild Huckleberry Ice Cream, Lime Sherbet, Rainbow Sherbet, Macadamia Nut Frozen Yogurt, Strawberry Frozen Yogurt

Cookies

Chocolate Chip, Lemon Glazed, Sugar