

SAMPLE DINING MENU



PACIFIC REGENT
BELLEVUE

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

Heart Healthy Options

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

ALWAYS AVAILABLE BREAKFAST ACCOMPANIMENTS

-  **Oatmeal or Cream of Wheat**
-  **Seasonal Fruit**
-  **Banana**
-  **Stewed Prunes**
-  **Scrambled Eggs**
Bacon or Sausage Link
-  **Toast or Raisin Toast with Jelly and Butter**
Danish

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FEATURED BREAKFAST ENTRÉES

Stuffed French Toast

Thick sliced Egg battered French Toast stuffed with Sweet Cream and topped with sliced Strawberries and Bananas served with Syrup and Butter

Buttermilk Pancakes

Fluffy Buttermilk Pancakes served with Syrup and Butter

Belgian Waffles

Light and fluffy Belgian Waffles served with Syrup and Butter

Biscuits with Country Gravy

Hot jumbo Buttermilk Biscuits served with creamy Sausage Gravy

Vegetable Omelet

Egg Beaters Omelet recipe filled with fresh Zucchini, Red Bell Pepper, Onion and Mushrooms

Country Style Scrambled Eggs

Bacon, Green Peppers and diced Potatoes added to scrambled Eggs

Breakfast Biscuit Sandwich

Hot jumbo Buttermilk Biscuit topped with an Egg cooked to order, choice of Cheese and Country Ham

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SOUP

Bean with Bacon

Beef Barley

 Butternut Squash

California Cream

Chicken Gumbo

 Chicken Noodle

Corn Chowder

Italian Wedding

Minestrone

New England Clam Chowder

Savory Mushroom

 Split Pea

Tomato Rice

 Vegetable

Zesty Lentil

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FEATURED LUNCH ENTRÉES

Cheeseburger

All Beef patty topped with melted Cheddar Cheese, served on a Sesame Seed Bun with Ketchup, Mustard, Mayonnaise, sliced Tomato, Onion, Lettuce and a side of Baked Beans

Zesty Roast Beef

Oven roasted Beef served with Brown Gravy, Buttered Red Potatoes and Carrot Coins with Thyme, choice of Bread or Roll with Butter

Chili Con Carne

A hearty Chili containing Ground Beef, Tomatoes, Beans and spices, topped with Cheese and Onions, served with a baked Potato topped with Sour Cream

Meatball Submarine

Big juicy all Beef Meatballs piled into a toasted Baguette covered with sautéed Sweet Peppers and melted Mozzarella Cheese served with Walnut Fruit Salad and a Cranberry Muffin

Chicken and Dumplings

Rich and creamy soup made with tender pieces of Chicken, mixed Vegetables and Dumplings served with choice of Bread or Roll and Butter

Vegetable Lasagna

Layers of Lasagna Noodles filled with Mushrooms, Spinach, Ricotta and Mozzarella Cheese, covered in a rich Marinara Sauce and baked served with mixed Salad Greens, choice of Dressing and Garlic Bread
Baked Ziti

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FEATURED LUNCH ENTRÉES *(CONTINUED)*

Baked Ziti

Zesty Marinara Sauce, Penne Pasta Noodles and a three cheese blend of Mozzarella, Ricotta and Parmesan Cheese baked to perfection served with Pesto Cauliflower and Parmesan Bread

Dilled Salmon Cakes with Sauce

Flaky and flavorful Salmon patties pan-fried and served with a Lemon Wedge and Dill Sauce, Broccoli Rice and Cheese and a Garden Salad with choice of Dressing

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FEATURED DINNER ENTRÉES

Herb Roasted Beef

Oven roasted Beef served with Brown Gravy, caramelized Onion, Mashed Potatoes, Zucchini and Yellow Squash

Shepherd's Pie

Layered casserole of Ground Beef, Carrots and Onion in a homemade Gravy topped with Mashed Potatoes served with Green Beans and Tomatoes, Wild Rice and Chef's Vegetable Blend

Roast Pork with Apple Mushroom Sauce

Tender Pork slices combined with Apples and a creamy Mushroom Sauce served with Scalloped Potatoes and Mixed Vegetables

Braised Brisket with Honey Lime Glaze

A tender and moist braised Beef Brisket coated with a sweet and tangy Honey Lime Glaze served with Brown Gravy, Twice Baked Potato and Herbed Green Beans

Savory Roasted Chicken

Slow roasted Herb infused Chicken served with Honey roasted Sweet Potatoes and Buttered Broccoli

Chicken Marsala

Moist, flavorful Chicken cutlets covered in a creamy Marsala and Mushroom Sauce served with Lemon Rice and Green Beans with Red Peppers

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FEATURED DINNER ENTRÉES *(CONTINUED)*

Hickory Smoked Turkey

Moist, tender and just a hint of smokiness all white meat Turkey Breast served with Poultry Gravy, Yukon Gold and Sweet Potato Hash, Glazed Beets and Chef's Vegetable Blend

Parmesan Crusted Tilapia

Baked Tilapia Filet encrusted with a Panko and Parmesan served with Rice Pilaf and Braised Kale



Baked Fish Almondine

Baked Chef's choice Filet topped with toasted Almonds served with Tartar Sauce and a Lemon Wedge, Three Cheese Noodles and Seasoned Beets

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DESSERTS

Cakes

Blueberry Streusel Cake, Glazed Lemon Pound Cake, Peach Upside-Down Cake, Red Velvet Cake, Raspberry Swirl Cake

Cookies and Other Sweet Treats

Almond Shortbread Cookie, Chocolate Chip Cookie, Glazed Pumpkin Cookie, Bread Pudding with Rum Sauce, Chocolate Éclair, Orange Pineapple Ambrosia, Marbled Raspberry Brownie, Cherry Crisp

Pies

Banana Cream Pie, Chocolate Mousse Pie, Dutch Apple Pie, Key Lime Pie, Lemon Meringue Pie, Peach Cobbler, Strawberry Cream Pie

BEVERAGES

Juice

Cranberry, Apple, Tomato or V8

Milk

2%, Whole, Skim

Hot Beverages

Coffee, Decaf Coffee, Tea, Decaf Tea or Hot Chocolate