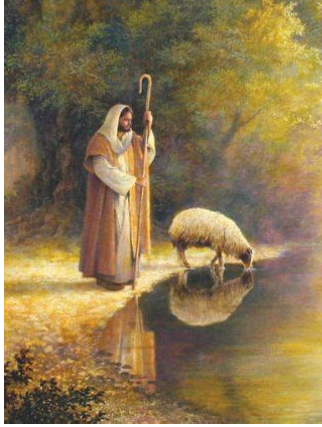



Sample Weekly Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	Assorted Fresh Donuts Scrambled Eggs	French Toast Fried Apples Sausage Fresh Fruit Cup	Eggs Your Way Ham Steak Hash Browns Grits	Bacon, Egg & Cheese Croissant Sandwich Mixed Fruit	Omelet Your Way Bacon English Muffin Fresh Fruit cup	Biscuits and Gravy Scrambled Eggs Fruit Garnish	Blueberry Pancakes Bacon Fruit Garnish	
Lunch	Onion Kale Chickpea Soup Sweet Summer Salad Prime Rib with Au Jus Roasted Red Potatoes Peas & Carrots Cod with Caper Butter Roasted Red Potatoes Peas & Carrots Harvest Grain Bread **Healthy Choice** Lemon Pepper Cod Herb Brown Rice Peas & Carrots	Look for the insert for your Fourth of July menu.	Golden Chicken Barley Soup Chef Salad Dinner Roll Ice Cream Treat	Cream of Tomato Soup Pork Tenderloin Onion Rings Sugar Cookie	Ham & Potato Soup Roast Beef Panini (Beef, Swiss Cheese, Grilled Onions, Pickles, and Bistro Sauce) Pasta Salad White Chocolate Macadamia Nut Cookie	Manhattan Clam Chowder Magnolia Chicken Salad (Chicken, Oranges & Walnuts) Dinner Roll Cream Cheese Brownie	Beef & Lentil Soup Shrimp Basket French Fries Cole Slaw Oatmeal Raisin Cookie	
	Coconut Cream Cake Ice Cream/Sherbet Watermelon		Beet & Orange Salad w/Feta and Orange Citrus Dressing Grilled Shrimp Skewer Lemon Rice Pilaf Parisian Carrots	Cinnamon Applesauce Jell-O Cashew Beef Noodles Broccoli	Asian Noodle Salad Shepherd's Pie Sliced Tomatoes	Marinated Cucumbers, Peppers, Tomatoes, and Onions Grilled Pork Chop w/ Golden BBQ Sauce Calico Baked Beans Corn on the Cob	Caesar Salad Grilled Beef Tenderloin w/ Chimichurri Sauce Baked Potato Vegetable Medley	Spinach Salad w/Hot Bacon Dressing Herb Baked Chicken Parsley Red Potatoes Asparagus
	Dinner		Chicken and Noodles Green Beans	Pepper Steak White Rice Parisian Carrots Egg Roll **Healthy Choice** Grilled Shrimp Skewer Lemon Rice Pilaf Parisian Carrots	Chicken Fajita Wrap Spanish Rice **Healthy Choice** Grilled Chicken Spanish Rice Broccoli	Chicken Salad Fruit Plate Lemon Poppy Seed Muffin **Healthy Choice** Grilled Chicken Fruit Plate	Chicken Teriyaki White Rice Bok Choy **Healthy Choice** Grilled Chicken Baked Sweet Potato Bok Choy	Fried Catfish Fried Okra Fried Tomatoes **Healthy Choice** Baked Fish Baked Potato Vegetable Medley
Peanut Butter Cookie Sherbet/Ice Cream	Vanilla Yogurt & Berries Ice Cream/Sherbet Fresh Fruit Cup	Peach Pie Ice Cream/Sherbet Watermelon	Mint Chocolate Brownie Mint Chip Ice Cream Sherbet Sliced Strawberries	Drumstick Ice Cream/Sherbet Sliced Apples w/Caramel	Apple Crisp Ice Cream/Sherbet Fresh Fruit Cup	Pound Cake with Berries Ice Cream/Sherbet Cantaloupe		

**Residential Living
Sample Life Enrichment Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 (RLDR) Worship Service With Pastor Phil Bachman</p> <p>10:00 (CR) Catholic Mass Livestream with Communion</p>  <p>6:00 Departure for Celebrate America Concert at Miller Park (Sign Up Required)</p>	<p>Happy 4th Of July!!</p> <p>9:30 (RL Dining Room) Ladies Coffee</p> <p>10:30 (CR) Strong for Life Exercise Class</p> <p>1:00 (CR) Book Club</p> <p>2:00 (RL Library) 4th of July Snacks</p> <p>2:30 (Oak Den) Pinochle</p> <p>6:30 (CR) Call The Midwife</p> <p>8:30 Departure for Fireworks Display at Miller Park (Sign Up Required)</p>	<p>8:30 Departure for Golf League (Advanced Sign Up Was Required)</p> <p>9:00 (PDR) Book Club with Pastor Phil</p> <p>10:00 (RLDR) Balance Class with Select Rehab's Gail</p> <p>Genealogy Club (Cancelled)</p> <p>6:00 (CR) Alzheimer's Support Group hosted by the Alzheimer's Association</p>	<p>9:30 (CR) Stretch and Breathe with Sabrina from OSF Center for Healthy Lifestyles</p> <p>10:00 Departure for Jackson's Produce (Sign Up Required)</p> <p>1:00-1:45 (CR) Luther Oaks Variety Ensemble (See attached flyer for further information. Everyone is welcome)</p> <p>2:00 (CR) Bible Study with Pastor Phil</p> <p>6:30 (CR) Heartland</p>	<p>10:00 (RLDR) Strengthening Class with Gail</p> <p>10:30 Departure for Walmart or Meijer</p> <p>12:00 (RLDR) Winsten Dunbar playing Piano during lunch</p> <p>1:30 (CR) Holy Trinity Catholic Communion Service</p> <p>1:45 (RLDR) Bingo</p> <p>3:00 (Oak Den) Euchre</p> <p>6:00 (CR) Evening Movie: Patsy and Loretta</p>	<p>9:00 (RLDR) Men's Coffee</p> <p>10:00 (CR) Gentle Chair Exercise with Caitlin</p> <p>11:00 to 3:00 (Club Room) Pop-Up Store Oak Tree Mercantile Anniversary Sale!! \$0.25 candy bar for everyone with enclosed coupon! See flyer for further information about the Mercantile and what is available for purchase.</p> <p>1:00 (Oak Den) Bridge Club (Sign Up Required)</p>  <p>3:30 (RL Lounge) Happy Hour</p>	<p>1:00 (CR) Saturday Movie <i>Radium Girls</i> Popcorn and Drinks will be provided</p>