

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

Beef and Vegetable

Chicken and Rice

Ham and Bean

Italian Tomato

Potato

SALADS

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

 **Chicken Caesar Salad**

Romaine Lettuce tossed with Caesar Dressing, Croutons and Parmesan Cheese topped with choice of grilled or crispy Chicken

 **Fountains Chef Salad**

Fresh Greens, Tomatoes, Ham, Turkey, Cheese and Egg served with choice of Dressing

SAMPLE DINING MENU

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 THE FOUNTAINS
AT CANTERBURY

FEATURED ENTRÉES

Breakfast Anytime

Two Eggs cooked to order served with Bacon and Toast

Town Center Club Sandwich

Layers of shaved Ham and Turkey, Bacon, Swiss and American Cheeses, Lettuce and Tomato served on Wheat Ciabatta Bread

Cheeseburger

Hamburger patty grilled to order topped with Lettuce, Tomato, Onion, Pickle and choice of American or Swiss Cheese served on a toasted Wheat Bun

Grilled Cheese Sandwich

American Cheese served on your choice of grilled Bread (Ham available upon request)

Chicken Salad Sandwich

Homemade Chicken Salad topped with Lettuce, Tomato and Onion served on Wheat Ciabatta Bread

Grilled Chicken Sandwich

Grilled Chicken Breast topped with Swiss Cheese, Lettuce, Tomato and Onion served on a Wheat Bun with choice of Ranch or Honey Mustard Dressing

California Turkey Trotter

Sliced Turkey topped with Mozzarella Cheese, Bacon and Avocado served on Wheat Ciabatta Bread

SAMPLE DINING MENU



FEATURED ENTRÉES *(CONTINUED)*

Italian Panini

Salami, Pepperoni, Ham and Swiss Cheese served on grilled Panini Bread and drizzled with Italian Dressing

Joan's Grilled Chicken Breast

Chicken Breast marinated and grilled to perfection served with sautéed Mushrooms

Fried Chicken

Tender Chicken pieces battered and fried to perfection

Catch of the Week

Chef's choice of fresh Fish served grilled or poached

Lemon Peppered Fish

Fresh Filet of Fish seasoned with Herbs and Lemon then baked to perfection

Homemade Meatloaf

Traditional Meatloaf with a blend of seasonings

Spaghetti and Meatballs

Big, tasty Ground Beef Meatballs simmered in an Italian Marinara Sauce and served over Spaghetti

Honey Glazed Ham

Ham slow roasted, then seasoned with a Corn Syrup, Honey and Butter Glaze

Pot Roast

Tender Beef in a Brown Gravy

SAMPLE
DINING
MENU



DESSERT

Cherry Pie

Dutch Apple Pie

Key Lime Pie

German Chocolate Cake

Red Velvet Cake