



Country Meadows

Retirement Living at its Best

Good Morning!
Breakfast Service Begins Daily at 7:30 am

Fresh Eggs

Prepared any style

Eggs Benedict

Poached Egg and Country Ham, Grilled English Muffin, Hollandaise Sauce

Off the Griddle

Buttermilk Pancakes & Thick Cut French Toast

Biscuits and Gravy

One Fresh Baked Biscuit with Sausage Gravy

Village Muffin Sandwich

Fried Egg, Sage Sausage, and Cheddar Cheese on an English Muffin

Create a Classic Omelet

Select Three Fresh Ingredients:

Ham - Bacon - Sausage - Mushrooms - Tomato - Red Onion
Green Pepper - Fresh Spinach - Cheddar, Swiss, American, Provolone

Sides and Extras

Portland French Bakery Breads:

Honey Wheat - French White - Sourdough - Caraway Rye
Raisin - Healthy Grain - English Muffin

Fresh Hash Browns

Country Ham Steak - Sage Sausage Links and Patties

Applewood Smoked Bacon

Beverages

Oregon Stash Teas, 100% Arabica Bean Coffee
Darigold Dairy Milks, Assorted Juices, Hot Cocoa

Chef's Weekly Creations

May 8th – May 14th

The Sandwich Shop

From the Deli

Choose From–

Meats: Turkey, Roast Beef, Ham, Egg or Tuna
Salad

Cheeses: Cheddar, American, Swiss,
Pepperjack or Provolone

Breads: Sourdough, Rye, Wheat, 9 Grain, or
White

Peanut Butter & Jelly also available

Philly Cheesesteak

*Thinly sliced pieces of beef steak, green bell
peppers, onions & melted provolone cheese in
a long hoagie roll.*

Big Plates

Loaded BBQ Pulled Pork Salad

*Chopped lettuce, cucumber, tomatoes,
black beans, corn, red onions, BBQ
pulled pork served with BBQ ranch
dressing.*

Teriyaki Chicken Drumstick

*Baked chicken drumstick in teriyaki sauce
served over rice.*

Chicken Fried Steak

*Tenderized round steak, breaded, and
fried to a crispy golden brown served
with mashed potatoes & country gravy.*

Catch of The Week

Lemon Pepper Tilapia

*Grilled lemon pepper tilapia fillet,
served with steamed baby potatoes.*

Sweet Endings

Weekly Dessert: Tiramisu

Dessert Cart

Fresh Seasonal Fruit Plate

Ask Server for Ice Cream Flavor

HH Heart Healthy V Vegetarian DF Dairy Free NGA No Gluten Added

Spring Menu

Leafy Greens

Spring Spinach & Strawberry Salad (V, HH)

With Feta Cheese, Toasted Walnuts & Balsamic Raspberry Vinaigrette. Add Grilled Chicken Breast.

Classic Garden Salad (HH, V, DF, NGA)

Mixed Greens with Cherry Tomatoes, Cucumbers, Carrots and Radishes, Topped with Your Choice of Dressing

From The Grill

Grilled Portabella Mushroom Sandwich (V)

With Roasted Red Pepper, Swiss Cheese, and Basil Aioli. Served on a Brioche Bun

Village Burger or Garden Burger

Garnished with Tomato and Lettuce

All American Hot Dog

A Grilled Frankfurter with Your Choice of Toppings

Boneless Chicken Breast (HH, NGA, DF)

Charbroiled and Lightly Seasoned

Breakfast All Day

Bacon and Eggs Your Way

Small Plates

Chef's Daily Soups

Fresh Veggie Plate (HH, V, NGA)

French Dip Sliders

Parmesan Chicken Tenders

Big Plates

Chef's Choice Charbroiled Steak

Cooked to your Preference

Shrimp Scampi

In a Butter and Wine Sauce Served with a Lemon Wedge and Your Choice of Side

Spaghetti & Meatballs

Freshly House Made

Malibu Chicken

Topped with Ham, Melted Swiss Cheese, and a Caramelized Pineapple Ring

Entrée Accompaniments

Choice of Seasonal Vegetables, Rice, Whipped Potatoes, Baked Potato, Baked Sweet Potato, Tater Tots, French Fries, Onion Rings, Sweet Potato Fries, Potato Salad, or Coleslaw.

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