



Mountain Creek
 RETIREMENT LIVING
Breakfast 8:00 am – 10:00 am

Lunch 12:00 pm – 2:00 pm

Dinner Pick Up 3:30pm- 5:30pm

AVAILABLE AT BREAKFAST: COLD CEREAL OF CHOICE, OMELETS, EGGS TO ORDER, HASHBROWNS & GRAVY OR SMOOTHIE

SUNDAY, MAY 21			
BREAKFAST Sausage Oatmeal Banana Smoothie French Toast	LUNCH Pot Roast w/ Carrots & Potatoes or Fried Chicken, Mashed Potatoes, Gravy, Italian Green Beans, Macaroni & Cheese & Roll	SOUP OF THE DAY Chicken Noddle	DESSERT Bread Pudding Tiramisu
MONDAY, MAY 22			
BREAKFAST Bacon Cream of Wheat English Muffing w/ Cheese, Sausage & Egg	LUNCH Chicken Spaghetti Casserole or Salmon w/ Dill, Baked Potatoes w/ Fixings/ Steamed Broccoli, Roasted Zucchini & Garlic Bread	SOUP OF THE DAY Beef & Vegetable	DESSERT Blueberry Empananda
TUESDAY, MAY 23			
BREAKFAST Sausage Grits Biscuits & Sausage Gravy	LUNCH Soft Beef Tacos w/ Fixings & Guacamole or Tilapia Veracruz, Spanish Rice, Charro Beans, Sauteed Spinach, Tortilla Chips & Roll	SOUP OF THE DAY Drop Egg	DESSERT Strawberry Shortcake
WEDNESDAY, MAY 24			
BREAKFAST Bacon Oatmeal Pancakes	LUNCH Beef Stew or Herbed Baked Chicken, Twice Potato Casserole, Black Eyed Peas, Okra & Tomatoes & Cornbread Muffins	SOUP OF THE DAY Tomato Basil	DESSERT: Assorted Desserts
THURSDAY, MAY 25			
BREAKFAST Sausage Grits Breakfast Burritos	LUNCH Shrimp & Garlic Sauce w/ Vegetables or Stuffed Spinach & Cream Cheese Chicken Breast, Steamed Rice, Sugar Snap Peas, Sautéed Mushrooms & Egg Roll	SOUP OF THE DAY Chicken Tortilla	DESSERT Apple sauce & Cinnamon Cake
FRIDAY, MAY 26			
BREAKFAST Bacon Cream of Wheat Cinnamon Roll	LUNCH Pepperoni, Supreme or Cheese Pizza or Deep Fried Catfish, Fried Potatoes, Pinto Beans, Turnip Greens, Hushpuppies, Coleslaw & Cornbread Muffins	SOUP OF THE DAY Broccoli & Cheese	DESSERT National Blueberry Cheesecake Day
SATURDAY, MAY 27			
BREAKFAST Sausage Oatmeal Breakfast Jack's	LUNCH Chicken Fried Steak or Chicken Santa Fe, Scalloped Potatoes, Gravy, Navy Beans, Corn on the Cob & Cornbread	SOUP OF THE DAY Chili	DESSERT: Layer Cake w/ Vanilla Frosting