



Mustang Creek Estates

RESIDENTIAL ASSISTED LIVING & MEMORY CARE

HOMESTYLE QUALITY MEALS & NUTRITIOUS SNACKS

All Meals Include Choice of Beverage

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK AT A GLANCE	BREAKFAST	BUTTERMILK PANCAKES Turkey Bacon or Sausage Seasonal Fruit	CHOICE OF EGGS (Made to Order) Whole Grain Toast Seasonal Fresh Berries	EGG OMELET (Choice of Cheese, Mushrooms & Onions) Turkey Sausage Whole Grain Toast Sliced Peaches	LOW-FAT GREEK YOGURT Choice of Cereal Whole Grain English Muffin Banana	OATMEAL WITH CHOICE OF EGGS (Made to Order) Sliced Strawberries	BREAKFAST TACOS (Corn Tortillas with Sautéed Mushrooms & Tomatoes) Side of Salsa Sliced Pears	WHOLE GRAIN ENGLISH MUFFIN WITH CREAM CHEESE Turkey Bacon Seasonal Fruit
	LUNCH	PORK CHOP Roasted Cauliflower Garden Salad with Choice of Dressing Mixed Berry Pie	GRILLED CHICKEN Wild Rice Steamed Broccoli Florets Cooked Carrots Baked Apples	POT ROAST Potato Wedges Steamed Mixed Vegetables Yogurt Parfait with Berries & Granola	BAKED FISH Steamed Spinach Sweet Potato Chunks White Rice Baked Pears	CHICKEN STIR FRY Steamed Mixed Vegetables White Rice Strawberry Shortcake	CHICKEN SPINACH ENCHILADAS Cucumber Corn Salad Black Beans Apple Pie	PORK LOIN White Rice Fresh Green Beans Steamed Squash Yogurt Parfait with Berries & Granola
	DINNER	GRILLED HAMBURGER (Cheese, Lettuce, Tomato & Light Mayo) French Fries Fruit Cocktail with Whipped Topping	TURKEY OR HAM SANDWICH (Cheese, Lettuce, Tomato & Light Mayo) Cup of Tomato Soup Gelatin with Fruit	CHICKEN & CHEESE TORTELLINI WITH TOMATO SAUCE Garden Salad with Choice of Dressing Pudding with Whipped Topping	SWEEDISH MEATBALLS Mixed Green Salad with Choice of Dressing Dinner Roll Apple Sauce	MEATLOAF Mashed Potatoes Cooked Carrots Fresh Green Beans Banana Pudding	BAKED FISH Steamed Asparagus Rice Pilaf Steamed Mixed Vegetables Gelatin with Fruit	CHICKEN TENDERS Cole Slaw Fried Okra Lemon Cake

5 REASONS TO LOVE DINING AT MUSTANG CREEK ESTATES

1

Open kitchen design allows your loved one to see their food being prepared and smell the aromas thus stimulating healthy appetites.

2

Your loved one can continue to live like they are at home with a kitchen that never closes and doesn't have any dress codes.

3

Our homestyle quality meals and nutritious snacks are created by a registered dietician and available throughout the day.

4

We believe in the importance of fresh, wholesome food, that's why we make it a regular habit to shop at our local grocery store weekly.

5

Whether it's dietary restrictions, specific food preferences, or any other personalized requests, we take the time to ensure every resident feels heard.