



Tech Ridge Oaks

Assisted Living & Memory Care

STARTERS

House Salad 🌿🍃🍏

Fresh Fruit 🌿🍏🍏

Soup du Jour

ENTREE

Chicken Salad Wrap 🍏🌿🍏

Spinach & Herb Wrap, Cranberry Pecan Chicken Salad, Chopped Romaine Lettuce, Sliced Tomato, Fresh Fruit, Potato Chips

Tortellini Alfredo

Ricotta Stuffed Pasta, Marinara Sauce, Fresh Herbs, Parmesan Cheese

Cobb Salad 🍏🌿🍏

Salad Greens, Grilled Chicken Breast, Diced Eggs, Grape Tomato, Bacon, Sliced Red Onion, Blue Cheese Crumbles, Avocado, Dressing of Choice

Ultimate BLT 🌿

Sourdough Bread, Applewood Bacon, Sliced Tomato, Leaf Lettuce, French Fries

Twenty12 Burger 🌿🍏

Angus Beef, American Cheese, Lettuce, Tomato, Red Onions, Pickles, French Fries

Homestyle Chicken Strips 🌿🍏

Homestyle Chicken Tenders, Pepper Gravy, Texas Toast, French Fries

Fried Gulf Shrimp

Fried Gulf Shrimp, Cocktail or Tartar Sauce, Lemon Wedges, French Fries

Trio Salad

Chicken Salad, Tuna Salad, Pimento Cheese, Fresh Fruit, Crackers

Country Fried Steak

Beef Cutlet, Pepper Gravy, Texas Toast, Your Choice of Two Sides

Catch of the Day 🍏🌿

Chef's special of the day with seasonal accompaniments. Ask Server for Details.

SAMPLE

SIDES

Loaded Baked Potato

Baked Sweet Potato 🍏

Fried Okra

French Fries

Onion Rings

Sauteed Zucchini 🍏

Roasted Cauliflower 🍏

Chef's Daily Veggie

Sauteed Vegetables 🍏

Vegetarian Option 🍏

Gluten Free 🌿

MINDful Menu 🍏

Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.