

Welcome to the *Passionate Dining* Experience

Food is more than just nutrition - it's an experience. Food is culture, identity, family, and fellowship. It's how anyone can demonstrate love and kindness without ever having to say a word. Food does more than feed the body; it feeds the soul.

Food, in a word, is *passion*.

At Civitas Senior Living, we understand the importance of food. That's why this community, along with all of our communities, is committed to providing our signature Passionate Dining Experience. We invite you to take a moment and discover the difference passion makes.

Community Signature Dish

Once a quarter, our kitchen adds four to five new contenders to the Chef Selections menu for the residents to taste. Residents then vote on their favorite new dish through a secret ballot process. The winning dish is then added to our daily Chef Selections menu.

My Recipe

We realize that our community is home to many cooks and foodies who are experts in their own right. Residents are invited to submit their own personal recipes. Our kitchen staff then tests out the recipes and selects which ones will appear in the menu. At least one resident's favorite recipe or meal is featured each month.

MINDful Menu

Good food choices can have a direct impact on overall brain health. That's why we offer dishes that conform to the guidelines of the MIND diet developed by Rush University Medical Center. You can find these MINDful Menu choices clearly marked on the menu.

Seasonal Sips

Seasonal Sips are a special, hand-crafted beverage. We use only high-quality ingredients such as fresh fruit, fine teas, and sparkling water to create refreshing drinks. Seasonal Sips change with the menu and are created to complement the selections for the week.



**SAMPLE MENUS
NEXT PAGES**



Starters

Tossed Green Salad

A bed of mixed greens with tomato, cucumber, and assorted toppings

Fresh Fruit Plate

An appetizer portion of sliced melons and fresh seasonal fruit

Cottage Cheese & Peaches

A small dish of cottage cheese topped with sliced peaches

Broccoli & Cheddar Soup

A creamy soup featuring fresh broccoli and sharp cheddar cheese

Today's Specials

The daily special comes with your choice of starter and dessert.

LUNCH

Grilled Chicken with Artichokes

Seasoned breast of chicken grilled and topped with sautéed artichoke hearts. Served with wild rice & roasted Brussel sprouts

DINNER

New Orleans BBQ Shrimp

Plump Gulf shrimp sautéed in a zesty BBQ style sauce and topped with green scallions. Served with cheesy bacon grits & southern-style green beans

Today's Desserts

Strawberry Cream Cake

A light & airy cake topped with a creamy buttercream frosting & strawberry compote

Banana Cream Pie

Rich Banana custard filling in an extra flaky crust topped with whipped cream

NSA Apple Pie

A flaky crust filled with a decadent apple cinnamon filing sweetened with Splenda

Ice Cream

Vanilla • Chocolate • Strawberry • Mint Chocolate Chip

Lighter Fare

Soup & Salad

Cup of today's soup and a tossed green salad

Trio Salad Plate

A generous portion of chicken salad, tuna, salad, and pimento cheese served with fresh fruit and crackers

Side Items

Baked Potato

Grilled Asparagus

Tomato Cucumber Salad

Fresh Fruit

French Fries

Chef's Selections

Served with a soup or salad, dessert, and your beverage of choice

Chicken Fettuccini Alfredo

Tender strips of grilled chicken tossed with fettuccini pasta and our homemade alfredo sauce. Served with one side item.

Club Sandwich

Deli ham & turkey topped with lettuce, tomato, bacon served on toasted white or wheat bread. Served with chips or fries.

Chef Salad

Deli ham, turkey, tomato, cucumbers, and shredded cheese served on a bed of mixed greens. Served with a choice of dressing.

Herb Crusted Ribeye

Six (6) ounce ribeye crusted with signature herbs & spices grilled to order. Served with your choice of two side items.

Grilled Chicken

Plump breast of chicken lightly seasoned and charbroiled. Served with your choice of two side items.

Fried Shrimp

Four Gulf shrimp battered and deep fried to a golden brown. Served with a side of French fries and cocktail dipping sauce.

Grilled Chicken Salad

A charbroiled chicken breast sliced & served on a bed of greens, tomatoes, cucumbers, & cheese. Served with a choice of dressing.

Chicken Quesadilla

A large flour tortilla filled with shredded cheese and seasoned chicken. Served with fresh salsa.

Hamburger

Our signature patty served with tomato, lettuce & onion, and choice of French fries or chips. Cheese available on request

Chicken Strips

Three (3) juicy strips of white meat breaded and served with dipping sauce and a side of French fries.

Community Signature Dish

Balsamic Glazed Salmon

Atlantic salmon pan seared and topped with sweet and tangy balsamic glaze. Served with your choice of two side items.

Breakfast Plates

Choose one (1) selection

Pancakes

Two buttermilk pancakes served with one egg of choice and a side of bacon or sausage

Biscuit & Gravy

Fluffy biscuit topped with country gravy served with one egg of choice and a side of bacon or sausage

Breakfast Tacos

Two flour tortillas loaded with scrambled eggs, cheese, your choice of bacon, sausage, or ham. Served with a side of fresh salsa

Waffles

One homestyle waffle served with one egg of choice and a side of bacon or sausage

French Toast

Two thick slices French toast topped with fresh seasonal berries served with one egg of choice and a side of bacon or sausage

Fresh Fruit Plate

Fresh seasonal fruit served with a cup of vanilla yogurt and granola

Two Egg Breakfast

Two eggs of choice served with a side of bacon or sausage, and your choice of toast or biscuit.

AVAILABLE ALL DAY

Mix & Match

Your choice of up to three (3) of the following items:

White Toast • Wheat Toast

Raisin Toast

Corn Flakes • Raisin Bran

Rice Crispies • Cheerios

Fruit Cup • Oatmeal

Yogurt • Grits

Beverages

Orange Juice

Cranberry Juice

Apple Juice

Lemonade

Regular Coffee

Decaf Coffee

Milk