

SAMPLE DINING MENU

 THE WATERMARK
AT LOGAN SQUARE

Our chefs are constantly introducing new menus for our residents. Below is a sampling of menu items our residents enjoy daily.

Heart Healthy Options

This heart healthy symbol indicates a low fat, low cholesterol and low sodium item.

SOUPS

Sweet Pea Soup with Fresh Mint

Sweet Peas simmered with Onion, Celery and Vegetable Broth, finished with a touch of Cream and fresh Mint

Beef Broth

Light broth made from meaty Beef Bones and Vegetables slowly simmered

SALADS

Dressings: Blue Cheese, Thousand Island, Balsamic Vinaigrette, Honey Dijon, Italian, Fat Free Italian, Fat Free Ranch

Pear Delights

Pears marinated with Blue Cheese, dried Cranberries, Walnuts and Raspberry Vinaigrette

Caesar Salad

Crisp chopped Romaine topped with Croutons, fresh Parmesan Cheese served with Classic Caesar Dressing

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ACCOMPANIMENTS

Mashed Potatoes

Fresh Potatoes, mashed with Cream and a touch of Butter

 **Fresh Green Beans**
Simply steamed

Fresh Corn on the Cob


Locally grown fresh White Corn boiled with Milk and Butter

Roasted Zucchini

Zucchini seasoned with Olive Oil, fresh Garlic and Herbs

Baked Potato

Perfectly baked Potato resulting in a fluffy interior and a crisp skin, topped with Butter, Sour Cream and Chives

 **Sweet Potato**
Tender oven baked Sweet Potato

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ENTRÉES

Trout Amandine

Fresh Rainbow Trout filet topped with toasted Almonds, White Wine and Margarine

Roasted Prime Rib of Beef

Slow roasted Black Angus Prime Rib of Beef with house special dry rub served to your liking with Au Jus

Vegetable Crepe

Fresh Vegetables lightly seasoned with Garlic and fresh Herbs stuffed in a Crepe Shell and topped with a light Cream Sauce

Turkey Club

Smoked Turkey Breast with Lettuce, Tomato and Bacon on toasted White Bread served with Chips

SEASONAL WEEKLY FEATURES

Strawberry Field Salad with Grilled Chicken Breast

Spring Mix topped with Walnut, dried Cranberries, Blue Cheese, fresh Strawberries and Balsamic Vinaigrette

Fresh Spinach, Mushroom and Onion Omelet

Two Egg Omelet with sautéed fresh Spinach, Mushroom and Onions. Plain scrambled also available.

Grilled Chicken Breast

Simply prepared without seasoning

Baked Plain Fish

Simply prepared without seasoning, ask your server about the fish of the day

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DESSERTS

Cake and Pie

Chocolate Torte, No Sugar Added Blueberry Pie

Ice Cream

Vanilla, Chocolate, Strawberry, Coffee, Mint Chocolate Chip, No Sugar Added Cherry Jubilee, Low Fat Peach Yogurt, Raspberry Sherbet

BEVERAGES

Iced Tea

Lemonade

Coke

Diet Coke

Ginger Ale

Root Beer

Milk: Whole, 2%, Skim or Chocolate

Coffee: Regular or Decaf

Assorted Hot Tea

WINES \$4.50/SPLIT

Chardonnay

Cabernet Sauvignon

Merlot

Pinot Grigio

White Zinfandel