

June at Shaker Pointe

Always Available Menu

\$8.00 Options
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Fish Fry ... 534 Cal.

Hand battered haddock

Grilled Cheese ... 495 Cal.

With bacon & tomato

Turkey Club ... 510 Cal.

Roasted Turkey, Bacon, Lettuce, Tomato, Mayo

Reuben Sandwich ... 769 Cal.

Corned beef, sauerkraut, Swiss cheese, 1000 Island

Shaker Chicken Sandwich ... 348 Cal.

Grilled Chicken Breast, Lettuce, Tomato, Onion, Mayo

The Pointe Burger or Cheeseburger ... 630 Cal.

1/3 Lbs. Fresh Ground Beef, Lettuce, Tomato, Onion, Pickle
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Side Choice ... 200-477 Cal.

Sweet Potato Fries | Hand Cut Chips | French Fries | Fresh Fruit

Always Available Light Dinners

\$8.00 Option

Salad Bar, Soup, and Dessert

OR

Half Sandwich (from above) & Soup

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Gluten Free Option



Vegetarian Option



Meal under 500 calories

June at Shaker Pointe

\$15.00 Options

Includes Soup, Salad, Two Sides and Dessert

Fit & Healthy Options *GF

**Choice of protein and 2 sides is 500 calories and under*

Poached Salmon | Grilled Chicken Breast

Broiled Haddock | Grilled Turkey Breast

Choice of Side (2)

Fresh Fruit | Cottage Cheese | Steamed Peas | Steamed Corn | Baked Potato/Sweet Potato

Monthly Specials

(Can order as a shared plate for \$3, only one resident may be billed)

Pork Cutlet: *Breaded with Lemon Butter Sauce...* 356 Cal.



Grilled Sausage: *Onions & Peppers...* 493 Cal.



Baked Ham: *Caramelized Pineapple Sauce...* 430 Cal.

Roasted Turkey with Gravy... 322 Cal.



Beef Liver: *Bacon and Onions...* 311 Cal.

BBQ Ribs: *Carolina BBQ Sauce...* 359 Cal.



Grilled Swordfish: *Horseradish Cream...* 352 Cal.

Carved Pot Roast: *Au Jus...* 282 Cal.



***Weekly Vegetarian Special**

***Weekly Entrée Special**

Soup & Salad Bar Included

Choice of Vegetable & Starch (2)... 118-258 Cal.

Dessert Included

Choice of four weekly specials, always a no sugar added option

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Gluten Free Option



Vegetarian Option



Meal under 500 calories