

SAMPLE DINING MENU

 THE FOUNTAINS
AT LA CHOLLA

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.

BREAKFAST

Apple Pancakes

Fluffy Apple infused Pancakes served with a hard fried Egg, Bacon, Apple Sauce and Whole Wheat Toast

Belgian Waffle

Homemade Belgian Waffles served with a hard poached Egg, Cream of Wheat, Ham, sliced Peaches and White Toast

French Toast

Homemade French Toast served with scrambled Eggs, Oatmeal, Sausage Links and Fruit Cocktail

Biscuits and Gravy

Homemade Buttermilk Biscuits covered in a white Sausage Gravy served with a Sausage Patty, Hash Browns, Pear Halves and White Toast

Egg and Cheese Croissant Sandwich

Toasted flaky Croissant topped with a fried Egg and Cheddar Cheese served with a Sausage Patty, Oatmeal and sliced Melon

Vegetable Strata

Casserole of French Bread, Egg Whites, Zucchini, Mushrooms and Tomatoes served with Bacon, Orange slices and Whole Wheat Toast

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SOUPS

-  Cream of Chicken Vegetable
Chicken Gumbo
-  Vegetable
Beef Noodle
-  Chicken Rice
Red Bean
Minestrone
Stuffed Pepper
Gazpacho
New England Clam Chowder
White Chicken Chili
-  Tomato Florentine
-  Turkey Noodle
-  Potato Leek
-  Butternut Squash
East Coast Fish Chowder
Cheddar Beef
Bean and Bacon
Fire Roasted Corn

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SALADS

Dressings: Blue Cheese, Balsamic Vinaigrette, Raspberry Vinaigrette, French, Honey Mustard, Italian, Lite Italian, Ranch



House Salad

Fresh Garden Greens served with your choice of Dressing



Chicken Caesar Salad

Romaine Lettuce topped with grilled Chicken, shredded Parmesan Cheese and Croutons













Spinach Salad with Walnuts & Feta Cheese

Fresh baby Spinach topped with tangy Feta Cheese and Walnuts drizzled with Raspberry Vinaigrette Dressing

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ACCOMPANIMENTS

-  Baked Butternut Squash
- Boiled New Potatoes
-  Brown Rice
-  Brussel Sprouts
- Buttermilk Mashed Potatoes
- Coleslaw
- Confetti Rice
- Couscous
-  Creamed Spinach
- Creamy Risotto with Onions & Garlic
- French Fries
-  Fruit Salad
- Glazed Carrots
-  Green Beans
- Homemade Stuffing
-  Marinated Artichoke Hearts
-  Mixed Vegetables
- Rice with Peas & Carrots
-  Sugar Snap Peas
- Twice Baked Potato
-  Wild Rice Pilaf

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FEATURED ENTRÉES

Prime Rib with Au Jus

Prime Rib cooked to perfection served with natural Au Jus and Horseradish Sauce

Cottage Meatloaf

Fresh Ground Beef seasoned and slow cooked served with Gravy

Build Your Own Taco

Enjoy our Taco Bar and build your own Taco with all the fixings, served with Refried Beans and Spanish Rice

BBQ Pork Sandwich

Mouth-watering Pork slow cooked and served with Barbecue Sauce on a Whole Wheat Bun

Stuffed Pork Loin

Roasted Pork Tenderloin stuffed with fresh Herbs, Spinach, Mushrooms, Garlic, Bacon and topped with a Lemon Parsley Oil

Grilled Mahi-Mahi with Mango Salsa

Filet of Mahi-Mahi pan fried to perfection served with a Mango Salsa

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FEATURED ENTRÉES *(CONTINUED)*



Baked Salmon

Filet of Salmon lightly seasoned and baked served with a Béarnaise Sauce

Stuffed Pepper

Green Bell Pepper filled with spiced Ground Beef, Rice, Tomatoes and Garlic topped with Cheddar Cheese then baked

Spaghetti with Meatballs

Tender Ground Beef Meatballs simmered to perfection in a zesty Marinara Sauce served over Spaghetti

Cheese Manicotti

Manicotti noodles stuffed with a three-Cheese blend, covered in Marinara Sauce and baked



Herb Seasoned Chicken

Breast of Chicken seasoned with a medley of Herbs and Garlic then baked to a golden brown

Turkey & Gravy

Juicy, perfectly roasted Turkey, sliced and topped with homemade Brown Gravy

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DESSERTS

Cakes

Apple Cinnamon, Banana, Cheesecake, Cherry Delight, Chocolate, German Chocolate, Lemon, Piña Colada

Pies

Blueberry, Boston Cream, Cherry Cobbler, Coconut Cream, Key Lime, Lemon Meringue, Old-Fashioned Apple, Pecan

Ice Cream

Caramel Sundae, Ice Cream (Assorted Flavors), Ice Cream Sandwich, Sherbet (Assorted Flavors)

Other Sweet Treats

Chocolate Pudding, Rocky Road Pudding, Vanilla Pudding Parfait, Macadamia Nut Cookie, Oatmeal Cookie, Peanut Butter Cookies, Snickerdoodles, Chocolate Éclair, Cinnamon Churro, Pound Cake with Fruit Topping, Chocolate Brownie

Sugar Free Options

Ice Cream (Assorted Flavors), Apple Pie, Apple Raspberry Cobbler, Cherry Pie, Carrot Cake, Chocolate Cake, Pineapple Cake, Peach Jell-O with Fruit, Lemon Cookies á la Mode, Pistachio Pudding