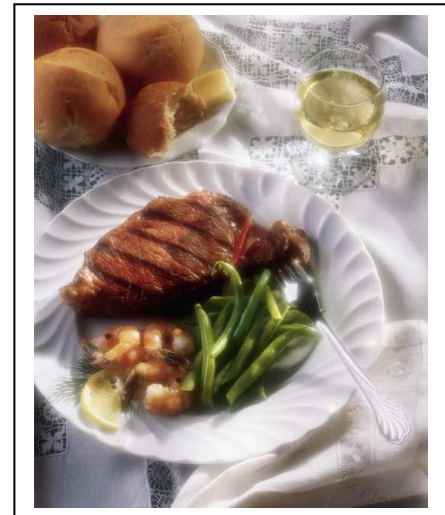


Sample New Horizons Menu

Both New Horizons use basically the same menu in all dining rooms. The menu below is a typical week of the six-week Winter Cycle. A completely different Summer Menu is served during the six warmer months. Small variations will always occur.

In addition to the items shown, a number of popular “always available” items including various sandwiches, omelets, etc., may be substituted at any time for additional choices. Residents are encouraged to select either our standard “Healthy Portions,” or “Half Portions,” or “Hearty Portions,” and to vary this anytime they wish. Dinner menus typically include salad and three vegetables each evening.



MONDAY

Breakfast	Lunch	Dinner
Buttered French Toast with fruit garnish Sliced Bacon Maple Syrup	Grilled Ham and Cheese Sand. ~ or ~ American Chop Suey	Baked Chicken with Rice Pilaf ~ or ~ Vegetable Ravioli w/ Meatballs
Breakfast Breads	French Onion Soup	Green Leaf Salad
Hot Cream of Wheat	Tropical Fruit Salad	Green Peas
Assorted Cold Cereals	Walnut Brownies	Wax Beans
Juice and Fruit	Ice Cream, Sherbet	New York Style Cheese Cake
Coffee, Tea, Milk, Skim Milk, Juice	Frozen Yogurt, Jello, Fruit	Ice Cream, Sherbet
	Coffee, Tea, Milk, Skim Milk, Juice	Frozen Yogurt, Jello, Fruit
		Coffee, Tea, Milk, Skim Milk, Juice

TUESDAY

Breakfast	Lunch	Dinner
Fresh Broccoli Quiche Sausage Patties Home made Coffee Cake	Fruit Salad with Cottage Cheese ~ or ~ Tuna Salad Plate	Broiled Lamb Chop ~ or ~ Catch of the Day
Breakfast Breads	Tomato Rice Soup	Spinach Salad
Hot Oatmeal	Potato Salad	Baked Potato
Assorted cold Cereals	Baked Coconut Custard	Butternut Squash
Juice and Fruit	Ice Cream, Sherbet	Broccoli
Coffee, Tea, Milk, Skim Milk, Juice	Frozen Yogurt, Jello, Fruit	Banana Pecan Pie
	Coffee, Tea, Milk, Skim Milk, Juice	Ice Cream, Sherbet
		Frozen Yogurt, Jello, Fruit
		Coffee, Tea, Milk, Skim Milk, Juice

WEDNESDAY

Breakfast	Lunch	Dinner
Baked Cheese Omelet Hash Brown Potatoes Canadian Bacon	Tuna Casserole ~ or ~ Chicken Salad Plate	Yankee Pot Roast ~ or ~ Broiled Seafood Plate
Breakfast Breads	Home Fries Vegetable Beef Soup Molded Fruit Salad	Spinach Salad Mashed Potatoes Boiled Turnip Green Beans
Hot Maypo Cereal	Mint Chocolate Cookies	Carrot Spice Cake
Assorted Cold Cereals	Ice Cream, Sherbet	Ice Cream, Sherbet
Juice and Fruit	Frozen Yogurt, Jello, Fruit	Frozen Yogurt, Jello, Fruit
Coffee, Tea, Milk, Skim Milk, Juice	Coffee, Tea, Milk, Skim Milk, Juice	Coffee, Tea, Milk, Skim Milk, Juice

THURSDAY

Breakfast	Lunch	Dinner
Eggs Benedict with Home Fries Canadian Bacon Warm Croissants	Broiled Salmon Club Sandwich ~ or ~ Corned Beef Sandwich on Rye with mustard	Baked Virginia Ham ~ or ~ Chicken Tetrazini
Breakfast Breads	Chicken Rice Soup Ambrosia Salad	European Salad Duchess Potatoes California Vegetable Blend Harvard Beets
Hot Cream of Wheat	Bread Pudding w/ Lemon Sauce	Fudge Layer Cake
Assorted Cold Cereals	Ice Cream, Sherbet	Ice Cream, Sherbet
Juice and Fruit	Frozen Yogurt, Jello, Fruit	Frozen Yogurt, Jello, Fruit
Coffee, Tea, Milk, Skim Milk, Juice	Coffee, Tea, Milk, Skim Milk, Juice	Coffee, Tea, Milk, Skim Milk, Juice

FRIDAY

Breakfast	Lunch	Dinner
Blueberry Pancakes with maple syrup Sliced Bacon	Corn Chowder and Grilled Hamburger ~ or ~ Shrimp Salad Roll	Seafood Newburg in Puff Pastry ~ or ~ Roasted Chicken Quarter
Breakfast Breads	Waldorf Salad	Mesclun Salad
Hot Oatmeal with Raisins	Blonde Brownies	Sliced Carrots Delmonico Potatoes, Spinach
Assorted Cold Cereals	Ice Cream, Sherbet	Cherry Pie a la mode
Juice and Fruit	Frozen Yogurt, Jello, Fruit	Ice Cream, Sherbet
Coffee, Tea, Milk, Skim Milk, Juice	Coffee, Tea, Milk, Skim Milk, Juice	Frozen Yogurt, Jello, Fruit Coffee, Tea, Milk, Skim Milk, Juice

SATURDAY

Breakfast	Lunch	Dinner
Scrambled Eggs Grilled Ham Cheese Grits Assorted Donuts	Grilled Chicken Sandwich ~ or ~ Franks and Homemade Baked Beans with Brown Bread Split Pea Soup with Ham	Slow Roasted Sliced Sirloin ~ or ~ Pork Tenderloin
Breakfast Breads	Mixed Fruit Salad	Caesar Salad
Hot Maypo	Blueberry Streusel	Baked Sweet Potato Green Beans Mixed Vegetables
Assorted Cold Cereals	Ice Cream, Sherbet	Black Forest Cake
Juice and Fruit	Frozen Yogurt, Jello, Fruit	Ice Cream, Sherbet
Coffee, Tea, Milk, Skim Milk, Juice	Coffee, Tea, Milk, Skim Milk, Juice	Frozen Yogurt, Jello, Fruit Coffee, Tea, Milk, Skim Milk, Juice

SUNDAY

Breakfast	Dinner	Lt. Supper
Omelets to Order Breakfast Sausage Assorted Danish Pastry	Broiled Salmon Filet with dill sauce ~ or ~ Roast Fresh Turkey	Soup Du Jour and Sandwich ~ or ~ Chef's Choice
Breakfast Breads	European Salad Cranberry Sauce Fresh Asparagus, Buttered Corn Rice Pilaf Cornbread Stuffing	Ice Cream Sundaes
Hot Cream of Wheat	Angel-food Cake w/ Strawberries	Ice Cream, Sherbet
Assorted Cold Cereals	Ice Cream, Sherbet	Frozen Yogurt, Jello, Fruit
Juice and Fruit	Frozen Yogurt, Jello, Fruit	Coffee, Tea, Milk, Skim Milk, Juice
Coffee, Tea, Milk, Skim Milk, Juice	Coffee, Tea, Milk, Skim Milk, Juice	

Additional notes:

- At NHM soup is typically offered with each lunch, and salad with each dinner meal. At NH Choate, soup and salad are offered with each lunch and salad each evening.
- Red and white wines are typically offered every evening and during Sunday dinner without additional cost.
- All menus are written by an experienced hospital dietitian and are reviewed twice each year by an outside registered dietitian. Both menus and food preparation are routinely discussed, as well, with the resident Food Service Committee in each community. All meals are supervised and prepared by New Horizon's own staff of culinary professionals.
- Typical of the supplemental menu items which are considered "always available" at any meal are a variety of egg omelets; sandwiches such as sliced turkey, egg salad, peanut butter and tuna fish; chicken soup; fresh fruit cup; a variety of ice creams; hot chocolate; home made cookies, etc.
- Every effort is made to recognize that mealtimes are an extremely important part of every day at New Horizons. Top quality ingredients are used at all times, and meals are prepared with great attention to details. Appropriate garnishes and the friendly companionship of table mates and dining room staff also do much to make mealtimes the highlights of the day.

- Many residents during their first few months at New Horizons, especially if they have been living alone and preparing their own meals, will experience a tendency to gain weight if they are not attentive to calories. This is much the same as the “freshman 10” often experienced by college freshmen during their first semester away from home.
- Residents are encouraged to specify the portion size desired when they place their meal orders upon being seated in New Horizons’ dining room. The portion size choices are “Half size,” “Healthy size,” or “Hearty size.”
- All meals served at both New Horizons are prepared on-site by New Horizons own full-time chefs, at all times. Their goal is to use top quality ingredients, for top quality, interesting meals, at all times. They take advantage of volume purchasing and special promotions by suppliers to help contain costs, but they are never under any sort of budget requirements to reduce costs.
- Basically, there are separate “Summer” and “Winter” menus, each of which is offered for about 26 weeks. Each menu repeats itself about four times, each summer or winter, on a six-week cycle. Great attention is paid to resident requests, especially when they are presented through the Resident Food Committee.