

Carolina Inn Spring/Summer Menu 2019							
Lunch							
Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Tomato Basil Soup	Broccoli Cheese Soup	Ham & Bean Soup	Cream of Spinach Soup	Seafood Bisque	Chicken Noodle Soup	Cream of Mushroom Soup
Salad	Mandarin Waldorf Salad	Black Bean & Corn Salad	Tomatoes & Onions	Watermelon Feta Salad	Three Bean Salad	Broccoli & Raisin Salad	Citrus Salad
Entrée	Apricot Dijon Chicken Breast	Lemon Basil Chicken	Cheeseburger on Bun	Beef & Vegetable Stir-Fry	Maryland Crab cakes	Buttermilk Fried Chicken	Roast Beef w/Gravy
Entrée	Crab Salad & Tomato Plate	Cuban Panini	Carolina Inn Summer Salad w/Shrimp	Cobb Salad	Chicken & Apple Salad w/Nuts	Ham & Cheese on Croissants	Club Sandwich
Vegetable	Broccoli & Carrots	Buttered Zucchini	Cheesy Spinach	Seasoned Turnip Greens	Harvard Beets	Green Beans	Tomatoes & Okra w/Garlic
Vegetable	Sautéed Eggplant	Cabbage & Tomatoes	Cauliflower with Red Peppers	Glazed Carrots	Lemon Buttered Broccoli	Fried Summer Squash	Sautéed Zucchini Hash
Starch	Sweet Potatoes w/Coconut	Red Beans	Steak Fries	Fried Rice	Buttered Noodles	Scalloped Potatoes	Hash Browned Potatoes
Starch	Vegetable Cous Cous	Rice Pilaf	Corn O'Brian Buttered Texas Toast	Lima Beans w/Ham	Wild Rice	Orzo	Country Beans
Bread	Yeast Rolls	Cornbread	Coconut Cream Pie	Garlic Bread Stick	Yeast Rolls	Mini Croissant	Cornbread
Dessert	German Chocolate Cake	Lemon Pound Cake		Blueberry Crumb Muffins	Chocolate Pudding	Black Forest Cake	Angel Food Cake
Dessert	Ginger Pear Torte	Coconut Oatmeal Cookies	Devils Food Cake	Cherry Pie	Dutch Apple Pie	Carrot Cake	Cranberry Crisp

Carolina Inn Spring/Summer Menu 2019							
Dinner							
Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Tomato Basil Soup	Broccoli Cheese Soup	Ham & Bean Soup	Cream of Spinach Soup	Seafood Bisque	Chicken Noodle Soup	Cream of Mushroom Soup
Salad	Mandarin Waldorf Salad	Black Bean & Corn Salad	Tomatoes & Onions	Watermelon Feta Salad	Three Bean Salad	Broccoli & Raisin Salad	Citrus Salad
Entrée	Meatloaf w/Gravy	Braised Short Ribs of Beef	Chicken Française	Beef Lasagna	Red Snapper with Cilantro, Garlic, and Lime	Pork Chops w/Apples	Roast Turkey w/Gravy
Entrée	Brown Sugar Glazed Ham	Cheese Manicotti w/Sauce	Baked Cod with Tarragon Butter	Country Ham & Biscuits	Chicken Breast Marsala	Pot Roast w/Vegetables	Louisiana Shrimp & Rice
Vegetable	Brussels Sprouts & Dill	Spinach & Mushrooms	Asparagus	Southern Green Beans	Summer Vegetable Medley	Country Cabbage	Collard Greens
Vegetable	Savory Sautéed Mushrooms	Sautéed Parsnips & Fennel	Prince Edward Blend Vegetables	Scalloped Tomatoes	Peas	Sautéed Italian Escarole	Squash Casserole
Starch	Mashed Potatoes	Boiled White Potatoes	Rotini	Herbed Red Potatoes	Roasted Root Vegetables	Baked Potato	Cornbread Dressing
Starch	Cheddar Rice & Spinach	Rice Primavera	Parmesan Buttermilk Potatoes	Sweet Potato Casserole	Pasta w/Butter & Garlic Buttered Texas Toast	Pinto Beans	Glazed Sweet Potatoes
Bread	Cheddar Biscuits	Garlic Bread Stick	Mini Croissant	Cornbread	Coconut Cream Pie	Dinner Roll	Yeast Roll
Dessert	German Chocolate Cake	Lemon Pound Cake	Coconut Cream Pie	Blueberry Crumb Muffins	Chocolate Pudding	Black Forest Cake	Angel Food Cake
Dessert	Ginger Pear Torte	Coconut Oatmeal Cookies	Devils Food Cake	Cherry Pie	Dutch Apple Pie	Carrot Cake	Cranberry Crisp



CAROLINA INN

ASSISTED SENIOR LIVING

Cycle 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Turkey Rice Soup	Philadelphia Pepper Pot Soup	Virginia Peanut Soup	Potato Leek Soup	New England Clam Chowder	Okra & Tomato Gumbo	U.S. Senate Bean Soup
Salad	Tomato Aspic	Beet & Onion Salad	Cucumber Dill Salad	House Garden Salad	Chinese Cabbage Salad	Tropical Fruit Salad	Spinach Salad
Entrée	Swedish Meatballs	Breaded Shrimp w/Cocktail Sauce	Polish Sausage & Sauerkraut	Hungarian Goulash	Citrus-Herbed Salmon	Stuffed Pepper w/Tomato Sauce	Sesame-Soy Chicken
Entrée	Egg Salad & Bacon Sandwich	Greek Salad Plate	Chicken Salad Plate w/Fruit	Chopped Italian Salad	Cottage Cheese & Seasonal Melon Vegetarian Blend	Fried Chicken Salad	French Dip Sandwich
Vegetable	Broccoli Au Gratin	Prince William Vegetable Blend	Mediterranean Kale	Roasted Turnips Peas & Pearl Onions	Roasted Vegetables with Red Quinoa	Sugar Snap Peas	Okra Creole
Vegetable	w/Tomatoes	Cole Slaw	Steamed Carrots	Spinach Pie	Turkish Eggplant	Asian Vegetables	
Starch	Buttered Noodles	Fluffy Rice	Hash Browned Potatoes	Coconut Curry Garbanzo Beans	Israeli Cous-Cous	White Rice	Roasted New Potatoes
Starch	Potato Wedges	Pasta Shells & Cheese	Perogies	German Potato Salad	Great Northern Beans	Twice Baked Potato	Fried Rice
Bread	Yeast Rolls	Cornbread	Buttered Texas Toast	Garlic Bread Stick	Yeast Rolls	Mini Croissant	Cornbread
Dessert	Tropical Fruit Cup	Homemade Cream Puffs	Cream Glazed Lamon Pound Cake	Pecan Pie	Peanut Butter Bars	Upside Down Cake	Orange Pound Cake
Dessert	Chocolate Chip Cookies	Apple Cobbler	White Chocolate Raspberry Bread Pudding	Peach Cobbler	Sugar Cookies	Fruits of the Forrest Pie	Key Lime Pie

Cycle 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Turkey Rice Soup	Philadelphia Pepper Pot Soup	Virginia Peanut Soup	Potato Leek Soup	New England Clam Chowder	Okra & Tomato Gumbo	U.S. Senate Bean Soup
Salad	Tomato Aspic	Beet & Onion Salad	Cucumber Dill Salad	House Garden Salad	Chinese Cabbage Salad	Tropical Fruit Salad	Spinach Salad
Entrée	Parmesan Crusted Tilapia Fillet	Barbecued Baby Back Ribs	Sheppard's Pie	Baked Ham & Pineapple	Stuffed Flounder w/Lemon Rice	Steak Dianne	BBQ Chicken
Entrée	Baked Ziti w/Italian Sausage	Turkey Asparagus Au Gratin	Eggplant Parmesan w/Sauce	Chicken & Dumplings	Corned Beef & Cabbage	Chicken Cordon Bleu	Pork Chop Osso Bucco
Vegetable	Green Beans	Braised Cabbage	Orange Glazed Brussels Sprouts	Carrot Souffle	Broccoli Rabe Sautéed Summer Squash	Mixed Peppers Asparagus	Stewed Tomatoes Spinach w/Mushrooms
Vegetable	Fried Cauliflower	Buttered Corn	Harvard Beets	Turnip Greens	Boiled White Potatoes	Pecan Arborio Rice	Creole Rice
Starch	Lentils	Baked Ricotta Mashed Potatoes	Penne	Wild Rice	Baked Sweet Potato	Rosemary Roasted Potatoes	Red Beans
Starch	Brown Rice Pilaf	Hawaiian Rice	Baby Lima Beans	Cornbread	Halušky	Dinner Roll	Yeast Roll
Bread	Cheddar Biscuits	Garlic Bread Stick	Mini Croissant	Cornbread	Buttered Texas Toast	Dinner Roll	Yeast Roll
Dessert	Tropical Fruit Cup	Homemade Cream Puffs	Lamon Pound Cake	Pecan Pie	Peanut Butter Bars	Upside Down Cake	Orange Pound Cake
Dessert	Chocolate Chip Cookies	Apple Cobbler	White Chocolate Raspberry Bread Pudding	Peach Cobbler	Sugar Cookies	Fruits of the Forrest Pie	Key Lime Pie



CAROLINA INN

ASSISTED SENIOR LIVING

Cycle 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Beef Noodle Soup	Vermont Cheese Soup	Old Fashion Cabbage Soup	Minestrone Soup	Scallop Stew	Summer Vegetable Soup	Fresh Mushroom Bisque
Salad	White Bean & Tomato Salad	Caesar Salad	Shrimp Apple Salad	Pickled Green Bean Salad	Country Tomato Salad	Mescaline Salad	Summer Strawberry Salad
Entrée	NC BBQ Sandwich	Chicken Tenders w/Honey Mustard	Bleu Cheese Burger	Sautéed Calf's Liver & Onions	Fried Catfish	Stuffed Cabbage Rolls	Chicken Pot Pie
Entrée	Beef Taco Salad	Salmon Niçoise Salad	Bacon, Lettuce & Tomato Sandwich	Asian Chicken Salad	Grilled Turkey & Swiss Sandwich	Ham Salad and Red Grapes Capri Blend	Sunday Beef Roast Green Bean Casserole
Vegetable	Cole Slaw	Broccoli	Squash Casserole	Mushrooms	Power Slaw	Vegetables	
Vegetable	Fried Okra	Prince Edward Blend Vegetables Glazed Sweet	Sautéed Italian Escarole	Mixed Greens	Creamed Corn	Ratatouille	Artichokes & Spinach Baked Sweet Potato
Starch	Fiesta Rice	Potatoes	French Fries	Pan-Fried Potatoes	Hushpuppies	Noodle Kugel	
Starch	Black Beans	Macaroni & Cheese	Southern Potato Salad	Brown Rice	Lentil Rice Pilaf	Potato Pancakes	Yellow Rice
Bread	Yeast Rolls	Cornbread	Buttered Texas Toast	Garlic Bread Stick	Yeast Rolls	Mini Croissant	Cornbread
Dessert	Apple Crumb Squares	Banana Pudding	Peanut Butter Bars	Pecan Pie	Key Lime Pie	Orange Pound Cake	French Silk Pie
Dessert	Butterscotch Brownies	Strawberry Shortcake	Pineapple Cake	Lemon Squares	Marble Cake	Molasses Cookies	Bread Pudding

Cycle 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Beef Noodle Soup	Vermont Cheese Soup	Old Fashion Cabbage Soup	Minestrone Soup	Scallop Stew	Summer Vegetable Soup	Fresh Mushroom Bisque
Salad	White Bean & Tomato Salad	Caesar Salad	Shrimp Apple Salad	Pickled Green Bean Salad	Country Tomato Salad	Mescaline Salad	Summer Strawberry Salad
Entrée	Meatloaf & Gravy	Arroz Con Pollo (Chicken & Rice)	Country Beef Stew	Turkey Croquettes	Grilled Mahi-Mahi w/Pineapple Salsa	Beef & Broccoli Stir-Fry	Chopped Steak w/Mushroom Gravy
Entrée	Flounder Almandine	Pork Tenderloin	Cheese Ravioli Glazed Brussels Sprouts	Sausage, Peppers & Onions	Chicken Breast Oscar Style	Spaghetti Bake	Chicken w/Paprika Sauce
Vegetable	Beets & Mint	Collard Greens		Parmesan Tomato Half	Baby Peas	Vegetable Egg Roll	Sautéed Zucchini
Vegetable	Spinach & Herbs	Curried Cauliflower	Italian Blend Vegetables	Green Beans	Grilled Eggplant Barley Vegetable	Baby Bok Choy	Cheddar Mashed Potatoes
Starch	Potatoes Au Gratin	Baked Potato	Cheesy Polenta	Pasta	Pilaf	Fried Rice	Parslied Noodles
Starch	Herbed Risotto	Black-Eyed Peas	Long Grain & Wild Rice	Spinach Mashed Potatoes	Twice Baked Potato	Sweet Potato Fries	Orzo Primavera
Bread	Cheddar Biscuits	Garlic Bread Stick	Mini Croissant	Cornbread	Buttered Texas Toast	Dinner Roll	Yeast Roll
Dessert	Apple Crumb Squares	Banana Pudding	Peanut Butter Bars	Pecan Pie	Key Lime Pie	Orange Pound Cake	French Silk Pie
Dessert	Butterscotch Brownies	Strawberry Shortcake	Pineapple Cake	Lemon Squares	Marble Cake	Molasses Cookies	Bread Pudding



CAROLINA INN

ASSISTED SENIOR LIVING

Cycle 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Italian Wedding Soup	Cream of Asparagus Soup	Luscious Lentil Soup	Gazpacho	Manhattan Clam Chowder	Perfect Potato Chowder	Hearty Vegetable Soup
Salad	Marinated Summer Vegetable Salad	Peach & Spinach Salad	Antipasti Salad	Blueberry Broccoli Spinach Salad w/Goat Cheese	Zesty Red Potato Salad	Caprese Salad	Israeli Salad
Entrée	Chicken ala King w/Biscuit	Country Steak & White Gravy	Ham & Pinto Beans	Chicken & Waffles	Grilled Cheese & Tomato Sandwich	Open Faced Turkey Sandwich & Gravy	Yankee Pot Roast
Entrée	Tuna Pita Melt	Grilled Salmon Caesar Salad	Turkey Wrap	Italian Sub	Seafood Salad Stuffed Tomato	Brunswick Stew	Baked Rotisserie Chicken
Vegetable	San Francisco Blend Vegetables	Turnip Greens	Fried Okra	Peas & Carrots	Baby Bok Choy	Corn	Parsnips
Vegetable	Mixed Peppers	Green Beans	Corn Pudding	Prince William Vegetable Blend	Carrot Tzimmes w/Prunes	Broccoli, Rice & Cheese Casserole	Creamed Spinach
Starch	Israeli Cous Cous	Potatoes & Onions	Mashed Sweet Potatoes	Italian Pasta Salad	Homemade Potato Chips	Savory Stuffing	Baked Sweet Potato
Starch	Rosemary Red Potatoes	Baby Lima Beans	Brown Rice Pilaf	Hash Browned Potatoes	Seasoned Fettuccine Noodles	Parslied Whole Potatoes	Black Beans
Bread	Yeast Rolls	Cornbread	Buttered Texas Toast	Garlic Bread Stick	Yeast Rolls	Mini Croissant	Cornbread Chocolate Chip Cookies
Dessert	Apple Crisp	NY Cheesecake	Cherry Pie Upside Down	Key Lime Pie	Sugar Cookies	Crème Brule	Cookies
Dessert	Carrot Cake	Brownies	Pineapple Cake	Cherry Crisp	Cheese Squares	Blueberry Pie	Banana Foster

Cycle 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Italian Wedding Soup	Cream of Asparagus Soup	Luscious Lentil Soup	Gazpacho	Manhattan Clam Chowder	Perfect Potato Chowder	Hearty Vegetable Soup
Salad	Marinated Summer Vegetable Salad	Peach & Spinach Salad	Italian Salad	Blueberry Broccoli Spinach Salad w/Goat Cheese	Zesty Red Potato Salad	Caprese Salad	Israeli Salad
Entrée	Pork Schnitzel	Beef Tips & Gravy	Shrimp Scampi	Philly Cheese Steak	Fish & Chips	Fettuccine Alfredo w/Grilled Chicken	BBQ Pork Platter
Entrée	Stuffed Shells w/Sauce	Cranberry Glazed Chicken	Hot Dog w/Toppings	Cornflake Chicken	Ham & Potato Casserole	Beef Brisket	Tarragon Chicken
Vegetable	California Blend Vegetables	Glazed Baby Carrots	Fried Green Tomatoes	Key Largo Blend Vegetables	Asparagus	Spinach Souffle	Cole Slaw
Vegetable	Braised Red Cabbage	Broccoli & Red Peppers	Sugar Snap Peas	Seasoned Spinach	Okra & Tomatoes	Seasoned Butternut Squash	Italian Green Beans
Starch	Orzo Pilaf	California Arborio Rice w/Cheese	Boston Baked Beans	Herb Roasted Potatoes	Brown Rice & Raisins	Baked Potato	Hush Puppies
Starch	Garlic Mashed Potatoes	Steak Fries	Pasta	Seasoned Rice w/Tarragon	Macaroni & Cheese	Indian Turmeric Rice	Butter Beans
Bread	Cheddar Biscuits	Garlic Bread Stick	Mini Croissant	Cornbread	Buttered Texas Toast	Dinner Roll	Yeast Roll Chocolate Chip Cookies
Dessert	Apple Crisp	NY Cheesecake	Cherry Pie Upside Down	Key Lime Pie	Sugar Cookies	Crème Brule	Cookies
Dessert	Carrot Cake	Brownies	Pineapple Cake	Cherry Crisp	Cheese Squares	Blueberry Pie	Banana Foster



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ASSISTED SENIOR LIVING