

SAMPLE DINING MENU



THE FOUNTAINS
AT THE CARLOTTA

Our chefs are constantly introducing new menus for our residents to enjoy. 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.

SOUP

Beef Rice

Broccoli Cheese

 Chicken Vegetable

 Cream of Spinach

French Onion

Hearty Tomato

 Kale White Beans and Butternut Squash

 Lentil

Mexican Meatball

Tomato Rice















Tortilla

 Turkey Orzo

SAMPLE DINING MENU

 THE FOUNTAINS
AT THE CARLOTTA

ACCOMPANIMENTS

-  Brussels Sprouts
-  Buttered Broccoli
-  Buttered Carrots
- Coleslaw
- Confetti Rice
- Cornbread Stuffing
- Creamed Corn
- Egg Noodles
-  Ginger Brown Rice
-  Green Bean Medley
-  House Salad
-  Lima Beans
- Mashed Potatoes with Gravy
- Mashed Sweet Potatoes
- Mac and Cheese
-  Orzo
-  Oven Roasted Vegetables
- Rice Pilaf
-  Sautéed Squash
- Spanish Rice
-  Strawberry Citrus Salad
-  Tomato Mozzarella Salad
-  Watermelon Feta Salad
- Waldorf Salad
-  Zucchini with Red Pepper

SAMPLE DINING MENU

 THE FOUNTAINS
AT THE CARLOTTA

FEATURED ENTRÉES

Salisbury Steak with Gravy

Salisbury Steak cooked to perfection topped with Mushroom Gravy and sautéed Onions

BBQ Meatloaf

Fresh Ground Beef seasoned, slow cooked and covered in a rich BBQ Sauce

Open Faced Roast Beef Sandwich

Thinly sliced Roast Beef topped with melted Swiss Cheese and sautéed Sweet Peppers, served on a Hoagie Roll

Swedish Meatballs

Big juicy Pork and Beef Meatballs simmered in brown Sour Cream Gravy served over Egg Noodles

Baked Ham with Pineapple Glaze

Ham slow roasted, then seasoned with a Pineapple, Corn Syrup, Honey and Butter Glaze

Smothered Lamp Chops

Slow cooked Lamp Chop simmered in a delicious Onion Gravy and served over Rice Pilaf

Pork Chili Verde

A Southwestern-style Chili using chunks of slow cooked Pork Shoulder simmered in Tomatillos and Hatch Chiles

SAMPLE DINING MENU

 THE FOUNTAINS
AT THE CARLOTTA

FEATURED ENTRÉES *(CONTINUED)*

Fried Chicken

Farm Fresh Chicken breaded and oven fried to perfection

Chicken Cordon Blue

Tender Breast of Chicken stuffed with Ham and Swiss Cheese then breaded with Parmesan Bread Crumbs and pan fried to a golden brown

Roasted Turkey

Turkey Breast and Thigh expertly roasted served with Cornbread Stuffing and Gravy



Baked Fish Almondine

Baked Chef's choice Filet topped with toasted Almonds served with Tartar Sauce and a Lemon Wedge



Herbed Baked Fish

Baked Chef's choice Filet topped with fresh Herbs and Spices served with Tartar Sauce and a Lemon Wedge



Lemon Peppered Fish

Fresh Filet of Fish seasoned with Herbs and Lemon then baked to perfection

Cheese Enchiladas

Shredded Cheddar and Monterey Jack Cheese rolled in Corn Tortillas and baked in a Red Enchilada Sauce served with Spanish Rice

SAMPLE DINING MENU



THE FOUNTAINS
AT THE CARLOTTA

DESSERTS

Butterscotch Pudding

Chocolate Mousse

Peanut Butter Pie

Pineapple Upside Down Cake

Pumpkin Pie Ice Cream with Cinnamon Chips

Rice Pudding

SUGAR FREE OPTIONS

-  Baked Apples
-  Grilled Fresh Peaches
-  Grilled Pineapple
-  Sliced Mango
-  Peach Yogurt Parfait
-  Poached Pear