

# SAMPLE DINING MENU



THE FOUNTAINS  
AT FRANKLIN

*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**

**Baked Potato**

**Beef Orzo**

**Beef Vegetable**



**Carrot Ginger**

**Corn Chowder**

**Cream of Celery**

**Cream of Mushroom**

**Cream of Spinach**

**Egg Drop**



**Lentil and Swiss Chard**



**Mushroom Barley**



**Split Pea**

**Tomato Bisque**



**Vegetable Barley**



**Vegetable Gumbo**



**Vegetable Orzo**

# SAMPLE DINING MENU

 THE FOUNTAINS  
AT FRANKLIN

## ACCOMPANIMENTS

Au Gratin Potatoes

Baked Potato

 Black-eyed Peas

Cole Slaw

Collard Greens

 Corn on the Cob

French Fries

Fried Okra

 Green Bean Almondine

Hush Puppies

Macaroni & Cheese

Mashed Potatoes

 Quinoa

 Redskin Potatoes

 Rice Pilaf

 Roasted Carrots

 Roasted Cauliflower

 Vegetable Blend

Vegetable Fried Rice

 Sautéed Spinach

 Sautéed Squash & Zucchini Medley

 Savory Brown Rice

Scalloped Potatoes

 Spiced Brussels Sprouts

 Steamed Broccoli

# SAMPLE DINING MENU

 THE FOUNTAINS  
AT FRANKLIN

## FEATURED ENTRÉES

### Steak & Cheese Sub

Marinated and sautéed thin cut Beef Round Steak covered in a melted Provolone Cheese, sautéed Mushrooms and Onions, served on a Hoagie Roll

### Burger Your Way

Quarter pound Beef Patty cooked to order, topped with Cheddar Cheese, Lettuce, Tomato, and Onion served on a Sesame Seed Bun

### BBQ Brisket

Brisket rubbed with spices, slathered in Barbecue Sauce and slow cooked until tender and juicy

### Herbed Pork Roast

Tender Pork Roast coated in a Herb mixture and braised to perfection, served with a Savory-Sweet Sauce

### Hungarian Pork Chops

Slow cooked Pork Chops spiced with Herbs and Paprika and finished in a creamy Yogurt Sauce

### Baked Glazed Ham

Pit Ham served with Brown Sugar Glaze

### Grilled Chicken Salad

Grilled breast of Chicken on a bed of Lettuce, Cucumbers, Tomato, shredded Cheese with your choice of Dressing

### Grilled Chicken Breast

Marinated and grilled boneless breast of Chicken

# SAMPLE DINING MENU

 THE FOUNTAINS  
AT FRANKLIN

## FEATURED ENTRÉES *(CONTINUED)*

### Curry Chicken Wings

Baked Chicken wings tossed in a Curry Sauce with fresh Herbs

### Sweet and Sour Chicken

Tender pieces of Chicken battered and pan-fried then covered in a delicious Sweet and Sour Sauce served with Vegetable Fried Rice

### Southern Fried Chicken

Tender pieces of Chicken battered and pan-fried until golden

### Fried Catfish

Filets of Catfish coated with a seasoning mix and pan-fried to a golden brown served with a Lemon wedge and Tartar Sauce

### Salmon with Coconut Sauce

Filet of Salmon cooked in a Coconut Sauce with Scallions, Garlic, Ginger and Asparagus

### Lemon Pepper Tilapia

Filet of Tilapia coated in a Lemon Pepper seasoning and baked to perfection

# SAMPLE DINING MENU

 THE FOUNTAINS  
AT FRANKLIN

## DESSERTS

### Cake

Angel Food Cake with Strawberry Topping, Cheesecake, Chocolate Cake, Coconut Cake, Lemon Cake, Pound Cake with Berries, Strawberry Cake

### Pies, Crisps & Cobblers

Apple-Walnut Pie, Cherry Pie, Chocolate Meringue Pie, Coconut Crème Pie, Custard Pie, Lemon Meringue Pie, Pecan Pie, Pumpkin Pie, Sweet Potato Pie, Blackberry Crisp, Blueberry Crisp, Apple Cobbler, Peach Cobbler

### Pudding

Banana Pudding, Rice Pudding

### Other Sweet Treats

Apple Strudel, Cookies, Ice Cream, Lemon Bars, Sherbet

### Sugar Free Options

Assorted Cakes, Cookies, Crisps, Ice Cream, Pie