

# Dining Service Events:

# Take Control of your Health

Delicious Discussion:  
Tuesday, September 21

Castle Town Center                      9:30 AM  
Willows Arbor                                10:30 AM

**The foods you eat play a role in keeping your brain healthy and can improve specific mental tasks, such as memory and concentration.**

**About 60% of your brain is made of fat, and half of that fat is comprised of omega-3 fatty acids**

**Your brain uses omega-3s to build brain and nerve cells, and these fats are essential for learning and memory**

**Served At The Castle Town Center Bistro**  
**Sunday July 25th - Saturday July 31st**

Sunday - Brunch 19-Sep	Monday - Dinner 20-Sep	Tuesday - Dinner 21-Sep	Wednesday - Dinner 22-Sep	Thursday - Dinner 23-Sep	Friday - Dinner 24-Sep	Saturday - Dinner 25-Sep
Orange Jicama Slaw	American Macaroni Salad	Tossed Salad	Chicken and Cheddar Nachos	Asian Slaw Salad	Chickpea Salad	Caesar Salad
Honey Bourbon Pork	Roast Chicken with Garlic and Rosemary	Meat Lasagna	Citrus Grilled Salmon	Beef Chop Suey	BBQ Pork Ribs	Baked Cod Florentine
Baked Haddock with Tropical Salsa	Grilled Bratwurst on Pretzel Bun	Chicken Piccata	Open Face Roast Beef Sandwich w Mashed	Sweet Sour Chicken	Fried Pollock	Beef Bourguignonne
Baked Sweet Potato	Battered Potato Wedges	Parmesan Orzo Pasta	Loaded Mashed Potato	Vegetable Fried rice	Potato Salad	Roasted Red Potatoes
Fresh Asparagus	Baked Beans	Tomato Basil Green Beans	Corn O'Brien	Fresh Asian Blend Vegetable	Braised Kale	Beans and Pearl Onions
Creamed Spinach	Cauliflower with Cheese Sauce	Dilled Carrots	Squash and Pepper Medley	Vegetable Egg Rolls	Crispy Parmesan Summer Squash	Steamed Broccoli
Strawberry Cheesecake	Apple Pie	Tiramisu	Blueberry Buckle	Peach Pie	Carrot Cake with Cream Cheese Icing	Bread Pudding

If you would like to order dinner from the Bistro, please call x6093 by 3PM. Thank you!

## Served at Willows Arbor, Hunt Terrace & Willows Health & Rehab Center

Lunch	Sunday 19-Sep	Monday 20-Sep	Tuesday 21-Sep	Wednesday 22-Sep	Thursday 23-Sep	Friday 24-Sep	Saturday 25-Sep
	Asparagus and Pea Soup	Black Bean Soup with Quinoa	Turkey Rice Soup	Cream of Cauliflower	Stuffed Baked Potato Soup	Seafood Gumbo	Cheddar Corn Chowder
	Petite Spinach Salad	Lime Gelatin with Bananas	Peaches and Cream Gelatin	Southwest Potato Salad	Green Garden Salad	Asian Pasta Salad	Hot Potato Leek Soup
	Pot Roast with Red Wine Sauce	Seasoned Yogurt and Citrus Marinated Chicken Breast	Reuben	Turkey Melt on Sourdough	Hot Dog	Cut Bratwurst with Caramelized Onions	Philly Cheesesteak Sandwich
	Ranch Chicken	Ham Salad Sandwich on Rye	Spinach and Strawberry Salad with Grilled Chicken	Beef Soft Taco	Chicken Salad With Crackers	BBQ Chicken Chopped Salad	Greek Salad
	Red Potatoes with Parsley	Sweet Pea and Mint Pasta Salad	Potato Chips	Tortilla Chips and Salsa	Baked Beans	Oven Fried Seasoned Potatoes	Bistro Chips
	Braised Green Beans with Leeks	Roasted Carrot and Zucchini Blend	Summer Vegetable & Pecan Salad	Lemon Dill Coleslaw	Fresh Brussel Sprouts with Kale	Green Beans with Carrots and Almonds	Zucchini with Onions
	Peach Crisp	Summer Berry Crisp with Vanilla Mousse	Turtle Parfait	Summer Fruit Salad	Carrot Cake	Chocolate Cream Pie	Chocolate Chip Cookies
	Parkerhouse Roll	Pears	Pineapple	Peaches	Apple Slices	Fruit Cocktail	Bananas

Dinner	Sunday 19-Sep	Monday 20-Sep	Tuesday 21-Sep	Wednesday 22-Sep	Thursday 23-Sep	Friday 24-Sep	Saturday 25-Sep
	Asparagus and Pea Soup	Black Bean Soup with Quinoa	Turkey Rice Soup	Cream of Cauliflower	Stuffed Baked Potato Soup	Seafood Gumbo	Cheddar Corn Chowder
	Fiesta Corn Salad	Cheese and Crackers with Fruit	Tomato and Cucumber Salad	Cottage Cheese with Fruit	Ambrosia Salad	Marinated Olives	Caesar Salad
	Garlic Herb Meatloaf	Oven Fried Pork Chops	Spiced Turkey Meatballs with Tomatoes and Lentils	Buttermilk Fried Chicken	Shrimp Risotto	Flatbread Cheese Pizza	Lasagna
	Mediterranean Salad with Roasted Vegetables Feta and Grilled Chicken	Caribbean Shrimp and Tilapia Stew	Seafood Gratin	Sweet and Sour Pork	Fettucine Alfredo with Broccoli	Chicken Quarters Braised with Red Wine & Mushrooms	Roast Turkey with Gravy
	Buttermilk and Chive Mashed Potatoes	Herb Rice Pilaf	Toasted Barley Pilaf	Twice Baked Potatoes	Fettucine	Rice Pilaf	Cornbread Stuffing
	Broccoli Au Gratin	Creamed Spinach and Parmesan	Roasted Cauliflower Herb Butter	Mexican Style Sweet Corn	Broccoli Florets	Peas	Creamed Corn with Red Bell Peppers
	--	Caramelized Leeks	Sauteed Vegetable Blend	Sugar Snap Peas	Italian Flat Beans	Garden Vegetable Medley	Grilled Asparagus
	Pecan Pie	Angel Food Cake & Strawberries	New York Cheesecake	Orange Chiffon Pie	Tiramisu Parfait	Blueberry Crisp	Lemon Bars
	Mandarin Oranges	Multi Grain Roll	Rye Bread with Seeds	Homestyle Roll	Garlic Breadstick	French Bread	Multi Grain Dinner Roll