



# Sample Menus

For one week of the eight week cycle.

## **Fine Dining**

*Monterey & Avalon Dining Rooms*

## **Casual Dining**

*Santa Fe & Montecito Lounges*

**The Four Dining Rooms offer over 25 Entrées Every Day.**

# MONTEREY & AVALON DINING ROOMS



## STARTER

### **Crisp Grilled Vegetables**

*Assorted chilled fresh vegetables with ranch dressing*

## SOUP

### **Roasted Pumpkin & Fennel with Pecans**

*Hearty blend of pumpkin & fennel garnished with pecans*

## SALAD

### **Cranberry, Orange & Olive Salad**

*Mixed seasonal greens, cranberries, oranges and olives with fig vinaigrette*

### **Tossed Green La Costa Glen**

*A trilogy of crisp greens with cherry tomatoes and cucumbers*

## ENTRÉE

### **Heart Healthy Choice: Sesame Pork Tenderloin**

*Slow baked tenderloin of pork with a soy molasses and sesame rub*

*\*Calories 152, Fat 5 gram, Cholesterol 74 mg, Sodium 155 mg, Carbs 3 grams*

### **Pacific Sea Bass**

*Fire grilled with cucumber, tomato and basil relish*

### **Chicken Cacciatore**

*Choice of white or dark meat chicken in a tomato mushroom sauce*

### **VEGETARIAN SELECTION: Pasta Primavera**

*Penne pasta sautéed in olive oil with fresh mushrooms, tomatoes, carrots, broccoli, red peppers, and garlic, with fresh basil and parmesan cheese. Marinara or alfredo sauce available*

### **CHEF'S SPECIAL: Barbeque Pork Sandwich**

*Pulled barbeque pork on a Hawaiian roll with shaved red onions and macaroni salad*

## VEGETABLES

### **Asparagus Spears**

### **Sliced Carrots**

### **Steamed Spinach**

### **Garden Peas**

## GRAINS/STARCH

### **Quinoa and Brown Rice**

### **Roasted Garnet Yams**

### **Idaho Baked Potato**

### **Mashed Potatoes**

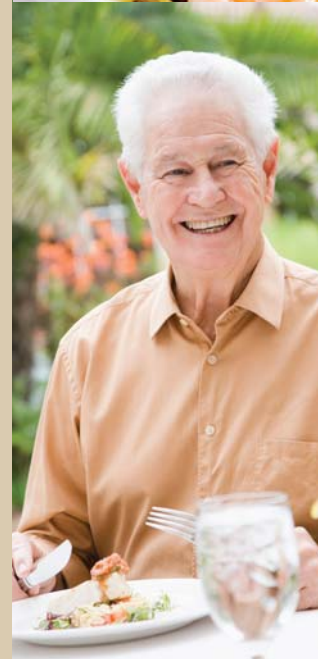
## DESSERT OF THE DAY

### **Chocolate Swirl Cheesecake**

## SUGAR FREE DESSERT

### **Coconut Cream Pie**

# MONDAY



STARTER

**Gorgonzola Stuffed Fig**

*With blackberry drizzle*

SOUP

**Fire Grilled Tomato Bisque**

*Grilled sweet tomatoes with a hint of basil*

SALAD

**Island Salad**

*Diced ham, golden raisins and macadamia nuts over crisp greens with a pineapple vinaigrette*

**Spinach Salad**

*Spinach leaves and bacon with a warm bacon vinaigrette*

ENTRÉE

**Heart Healthy Choice: Scallops Provençal**

*Jumbo sea scallops in a tomato, zucchini and white wine sauce*

*\*Calories 141, Fat 4 gram, Cholesterol 37 mg, Sodium 182 mg, Carbs 5 grams*

**Tomatillo Chicken with Avocado**

*Charbroiled breast of chicken with tomatillo sauce and avocado relish*

**Ten Spice Raisin Glazed Salmon**

*Roasted Atlantic salmon in a Chinese 10 spice, raisin glaze served with cabbage slaw*

**Home Style London Broil**

*Sliced London broil served with pinot noir reduction*

**VEGETARIAN SELECTION: Rustic Vegetable Melt**

*Breaded eggplant, Italian squash, zucchini and fire roasted red peppers, topped with provolone cheese and marinara sauce, served on Italian herb bread*

VEGETABLES

**Summer Squash**

**Wax Beans**

**Steamed Cauliflower**

**Grilled Corn and Tomatoes**

GRAINS / STARCH

**Sweet Onion Wild Rice**

**Smashed Horseradish Red Potatoes**

**Idaho Baked Potato**

DESSERT OF THE DAY

**Vanilla Crème Brûlée**

SUGAR FREE DESSERT

**Lemon Mist Cake**

TUESDAY

# MONTEREY & AVALON DINING ROOMS



WEDNESDAY

## STARTER

### **Brie Cheese and Flatbread**

*Served with fig and apple chutney*

## SOUP

### **Onion Soup**

*Caramelized sweet onions in a rich beef and sherry broth with cheese and garlic croutons*

## SALAD

### **Spinach Salad**

*Baby spinach, tomato wedges and crisp bacon with warm bacon vinaigrette*

### **Tossed Green La Costa Glen**

*A trilogy of crisp greens with cherry tomatoes and cucumbers*

## ENTRÉE

### **Heart Healthy Choice: Shrimp Marsala**

*Pan seared tiger shrimp in a mushroom and marsala wine sauce*

*\*Calories 168, Fat 5 gram, Cholesterol 135 mg, Sodium 134 mg, Carbs 6 grams*

### **Corn & Lobster Crusted Trout**

*Mountain trout stuffed with corn & lobster, served with a light cilantro lime sauce*

### **Asian Barbecued Chicken**

*Choice of light or dark meat, served with mandarin orange slaw*

### **Corned Beef and Cabbage**

*Lean tender slices of corned beef brisket served with boiled cabbage wedge*

### **HOME STYLE: Texas Chili**

*Lean ground beef and kidney beans simmered in chili sauce. Served with corn bread*

## VEGETABLES

### **Vegetable Medley**

### **Golden Beets**

### **Baby Bok Choy**

### **Garden Peas**

## GRAINS/STARCH

### **Oven Dried Tomato Polenta**

### **Brown Rice and Quinoa**

### **Idaho Baked Potato**

### **Mashed Potatoes**

## DESSERT OF THE DAY

### **Apple Pie**

## SUGAR FREE DESSERT

### **Tiramisu**



THURSDAY

STARTER

**Olive and Red Pepper Crostini**

*Kalamata olives, fire roasted red peppers and capers with garlic crostini*

SOUP

**Sweet Hawaiian Onion Soup**

*Sweet Maui onions in a pineapple scented broth*

SALAD

**Prosciutto, Blue Cheese and Tomato**

*Italian cured ham, blue cheese crumbles and wedged tomatoes on summer greens with herb vinaigrette*

**Tossed Green La Costa Glen**

*A trilogy of crisp greens with cherry tomatoes and cucumbers*

ENTRÉE

**Heart Healthy Choice: Southwestern Turkey Wrap**

*Thinly sliced turkey, wrapped in a fat free whole wheat tortilla with fat free cream cheese, cheddar and fresh salsa*

*\*Calories 184, Fat 8 grams, Cholesterol 631 mg, Sodium 333 mg, Carbs 12 grams*

**Shrimp Stir Fry**

*Golden Tempura shrimp with mixed Asian vegetables and brown rice*

**Teriyaki Chicken Bowl**

*Tender teriyaki marinated chicken with white rice in an Asian bowl*

**Roast Prime Rib**

*Roasted prime rib of beef served with au jus and creamed horseradish sauce*

**WELL BEING CUISINE: Salmon with Golden Raisin Chutney**

*Grilled Atlantic Salmon with a West Indies raisin and nut chutney*

VEGETABLES

**Broccoli**

**Spiced Butternut Squash**

**Artichoke and Tomato Provençal**

**String Beans**

GRAINS / STARCH

**Vegetable Cous Cous**

**Potatoes Gratin**

**Idaho Baked Potato**

DESSERT OF THE DAY

**Chocolate Bourbon Torte**

SUGAR FREE DESSERT

**Maple Walnut Squares**

# MONTEREY & AVALON DINING ROOMS



## STARTER

### **Brie with Melon on Crostini**

*With Cabernet syrup*

## SOUP

### **Tequila Tomatillo Soup**

*Roasted tomatillos, cilantro and onions in a flavorful tequila broth*

## SALAD

### **Island Salad**

*Diced ham, golden raisins and macadamia nuts over crisp greens with a pineapple vinaigrette*

### **Caesar Salad**

*Crisp romaine, tossed in creamy caesar dressing, parmesan and garlic croutons*

## ENTRÉE

### **♥ Heart Healthy Choice: Rosemary Sage Steak**

*Grilled sirloin marinated with rosemary, sage and dijon mustard*

*\*Calories 151, Fat 5.5 gram, Cholesterol 71 mg, Sodium 234 mg, Carbs 0 grams*

### **Crab Crusted Sea Bass**

*Pacific sea bass with a lump crab crust served with light citrus butter sauce*

### **Moroccan Stuffed Chicken**

*Breast of chicken stuffed with fennel, almonds and dates served with romesco sauce*

### **Chicken Fried Steak**

*Tender breaded steak fritter with mashed potatoes and country gravy*

### **VEGETARIAN SELECTION: Rustic Vegetable Melt**

*Breaded eggplant, Italian squash, zucchini and fire roasted red peppers, topped with provolone cheese and marinara sauce, served on Italian herb bread*

## VEGETABLES

### **Steamed Cauliflower**

### **Roasted Red Beets**

### **Steamed Spinach**

### **Asparagus Spears**

## GRAINS / STARCH

### **Steamed Brown Rice**

### **Parsley Potatoes**

### **Idaho Baked Potato**

## DESSERT OF THE DAY

### **Macadamia Nut Pie**

## SUGAR FREE DESSERT

### **Apple Blueberry Cobbler**

FRIDAY



STARTER

**Whole Wheat Lobster Blini**

*With tarragon crème fraiche and California caviar*

SOUP

**Lemon Chicken with Orzo Pasta**

*Roasted breast of chicken in a light lemon broth with orzo*

SALAD

**Spinach Salad**

*Spinach leaves and bacon with a warm bacon vinaigrette*

**Tossed Green La Costa Glen**

*A trilogy of crisp greens with cherry tomatoes and cucumbers*

ENTRÉE

**Heart Healthy Choice: Island Chicken Salad**

*Jamaican glazed breast of chicken over a bed of crisp greens topped with mango and kiwi fruit*

*\*Calories 368, Fat 7 gram, Cholesterol 66 mg, Sodium 110 mg, Carbs 45 grams*

**Orange Mustard Salmon**

*Orange mustard lacquered Atlantic salmon with corn and poblano salad*

**Corned Beef Brisket**

*Tender slices of corned beef brisket served with cabbage & boiled potatoes*

**Wild Rice & Mushroom Stuffed Game Hen**

*Stuffed Cornish game hen with bing cherry sauce*

**VEGETARIAN SELECTION: Whole Grain Stir Fry Vegetables**

*Low sodium stir fry with broccoli, julienne carrots, celery, bell peppers served with choice of long grain and wild rice blend or white rice*

VEGETABLES

**Pomegranate Infused Pearl Onions**

**Baby Zucchini**

**Peas & Carrots**

**Roast Parsnips**

GRAINS / STARCH

**Indian Grain Blend**

**Baked Sweet Potatoes**

**Idaho Baked Potato**

DESSERT OF THE DAY

**Classic Bread Pudding**

SUGAR FREE DESSERT

**Blueberry Pie**

SATURDAY



# SUNDAY BRUNCH

## STARTERS

- International Cheese Display
- California Crudités
- Fresh Fruit Platter
- Mixed Green Salad with Dressings
- Smoked Salmon Display with Traditional Condiments
- Waldorf Salad
- Artichoke & Mushroom Salad
- Harvest Seafood Salad

## MAIN COURSES

- Omelettes Made To Order
- Scrambled Eggs & Egg Beaters
- Crispy Bacon, Sausage, Corn Beef Hash
- Cheese Blintzes with Fruit Sauce
- Red Snapper Vera Cruz
- Stuffed Chicken with Spinach and Mushrooms
- Beef Fajitas
- Corn Santa Fe, Peas and Pearl Onions
- Spanish Rice
- Traditional Stuffing
- Egg Beaters and Pam spray are always available at the Omelette Station – Just ask!*

## CARVING STATION

- Roast Tom Turkey with Pan Gravy & Cranberry Sauce

## BREADS, PASTRIES & DESSERTS

- Assorted Cakes and Pastries
- Cherry Crisp
- Croissants
- Danish
- Rolls and Butter
- Bagels and Cream Cheese
- Banana Rum Cake
- Sugar Free Chocolate Vanilla Parfait





STARTER

**Stewed Chick Peas and Tomatoes with Flatbread**

*Stewed garlic chick peas and herbed tomatoes with lavosh flatbread*

SOUP

**Hearty Fall Minestrone**

*Hearty blend of garden vegetables with beans and pasta in an herbed tomato broth*

SALAD

**Apple and Cranberry**

*Dried cranberries, granny smith apples and pumpkin seeds over crisp greens with spiced pumpkin vinaigrette*

ENTRÉE

**Crab and Shrimp Ravioli**

*Wild mushrooms, lump crab meat and shrimp in a spinach cream sauce*

**Sausage Stuffed Chicken**

*Italian sausage and spinach stuffed breast of chicken over julienne garden vegetables with potato dumplings and tomato gravy*

**Garlic Grilled Steak**

*Garlic rubbed angus steak over herbed roasted potatoes with green beans and grilled onion glaze*

VEGETABLES

**Swiss Chard**

**Striped Beets**

GRAINS/STARCH

**Five Grain Rice**

**Cheddar Cheese Twice Baked Potato**

DESSERT OF THE DAY

**Chocolate Hazelnut Mousse**

SUGAR FREE DESSERT

**Strawberry Cheesecake**

SUNDAY DINNER



## SPECIALS

*Served with soup or salad, and a choice of French fries, pub fries, onion rings, homemade potato chips, fresh fruit, low-fat cottage cheese, cole slaw or warm German potato salad*

### Triple Decker Club Sandwich

*Thinly sliced turkey, crisp bacon, lettuce, mayonnaise and tomatoes on grilled parmesan sourdough bread*

### Hot Pastrami Sandwich

*Thin sliced pastrami with horseradish grainy mustard on grilled marble rye bread*

### Classic Reuben Sandwich

*Tender sliced corned beef, Swiss cheese, chef's own sauerkraut and Russian dressing served on grilled rye with a juicy pickle*

### Chicken Salad Croissant

*Our California style chicken salad with fresh crisp lettuce, tomato, pickle and grapes*

### Portabella Mushroom Sandwich

*Marinated grilled portabella mushrooms, fire roasted red bell peppers, garden sprouts, avocado, zucchini and Swiss cheese served on a whole grain bun*

### Your Favorite Omelet

*Made the way you like it*

### Southern Fried Chicken

*Golden light honey stung fried chicken*

### Ham, Beef or Turkey Melt

*Choice of thinly sliced ham, roast beef, or oven roasted turkey breast topped with melted cheddar or Swiss cheese served on grilled sourdough*

### California Crab Melt

*Pacific lump crab salad topped with melted cheddar and jack cheeses, fresh avocado, tomatoes, and crisp bacon on grilled parmesan sourdough*

### Chicken Schnitzel on Rye

*Thin pounded breast of chicken, browned to golden perfection served with sauerkraut, Swiss cheese, Russian dressing and juicy pickle*

### Bagels and Lox Plate

*Smoked Atlantic salmon with multi-grain bagel, cream cheese, red onions, capers and tomato*

**Grilled Cheese, Egg Salad Sandwich, BLT or Peanut Butter & Jelly Sandwich available upon request**

## HOME STYLE

*Served with soup or salad, and choice of vegetable of the day*

### Chicken or Shrimp Stir Fry

*Your choice of seared white meat chicken or shrimp with stir fried veggies, white rice and oriental sauce*

### Liver and Onions

*Sautéed calf's liver with bacon & onions*

### Meat Lasagna or Spaghetti and Meatballs

*Just like mama used to make it!  
Served with parmesan garlic bread*

### Fish and Chips

*Golden brown battered cod fish and homemade potato chips served with malt vinegar and tartar sauce*

### Beef Stroganof

*Tender beef with mushrooms in a savory beef and sour cream sauce served with egg noodles.*

### Homemade Chicken Pot Pie

*White meat chicken with garden vegetables in a golden pie shell*

## MONTEREY & AVALON DINING ROOMS

MONDAY THRU SATURDAY  
*Breakfast:* 7:00 A.M. to 10:00 A.M.  
*Lunch:* 11:30 A.M. to 2:00 P.M.  
*Dinner:* 3:00 P.M. to 7:00 P.M.

SUNDAY  
*Avalon:* 10:30 A.M. to 4:00 P.M.  
*Monterey:* 1:00 P.M. to 6:00 P.M.



## SANTA FE & MONTECITO LOUNGES

MONDAY THRU SATURDAY  
*Lunch:* 11:30 A.M. to 2:00 P.M.  
*Dinner:* 3:00 P.M. to 7:00 P.M.

SUNDAY  
*Montecito:* 10:30 A.M. to 4:00 P.M.  
*Santa Fe:* 1:00 P.M. to 6:00 P.M.

**TAKE-OUT:** All items are available every day for take-out to be enjoyed in your home.