

# Sample Menu

 THE FOUNTAINS  
AT WASHINGTON HOUSE

*Our chefs are constantly introducing new menus for our residents.  
Below is a sampling of menu items our residents enjoy daily.*

## **SOUP**

### **Minestrone**

Mixed seasonal Vegetables, Kidney Beans, Garbanzo Beans and Macaroni in a flavorful Red Wine Broth

### **Italian Classic**

Rich Tomato Beef Broth with fresh Vegetables and Parmesan Cheese

### **Beef Vegetable**

Farm Fresh Vegetables simmered with Beef Chunks in a rich Beef Broth

### **Navy Bean with Ham**

Navy Beans slowly simmered with Ham

### **Broccoli with Cheddar Cheese**

Broccoli Florets simmered in a creamy Cheese Broth

# Sample Menu



## **SALADS**

*Dressings: Blue Cheese, Balsamic Vinaigrette, Raspberry Vinaigrette, French, Honey Mustard, Italian, Lite Italian, Ranch*

### **Seasonal Fresh Fruit Salad**

Seasonal fresh Fruit served on a bed of Leaf Lettuce

### **California Garden Avocado Salad**

Fresh Garden Greens topped with sliced Avocado served with your choice of Dressing

### **Sliced Tomato & Mozzarella Salad**

Fresh sliced Tomatoes with Whole Milk Mozzarella with your choice of Dressing

### **Washington House Garden Salad**

Fresh Garden Greens served with your choice of Dressing

### **Ambrosia Salad**

Fresh seasonal Fruit, Walnuts and Marshmallows in a sweet Dressing

### **Waldorf Salad**

Red Delicious, Granny Smith and Gala Apples with Celery and Walnuts in a sweet Dressing

### **Potato Salad and Cole Slaw Plate**

Redskin Potato Salad and tangy Cole Slaw served with a Dill Pickle Spear and Bread & Butter

# Sample Menu



## ACCOMPANIMENTS

Herbed Roasted Potatoes

Oven Roasted Golden Yukon Potatoes

Balsamic Glazed Broccoli

Stir Fried Napa Cabbage

Roasted Root Vegetables

Seasoned Yellow Squash

Whole Pitted Prunes

Black Eyed Peas

Herbed Fresh Green Beans

Wax Beans with Pimentos

Fresh Spinach Orzo

Jasmine Rice

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## FEATURED ENTRÉES

### **Roasted Top Sirloin with Au Jus**

Slow roasted Top Sirloin of Beef served with natural Au Jus and Horseradish Sauce

### **Teriyaki Beef Brisket**

Slow roasted Beef Brisket in a Teriyaki Glaze Sauce

### **Roasted Pork Piccata**

Slow roasted Pork served with Lemon Caper Sauce

### **Baked Virginia Ham**

Pit Ham served with Brown Sugar Glaze

### **Asian Style Roasted Pork**

Slow roasted Pork seasoned with Hawaiian Pink Salt and fresh Herbs

### **Roasted Duckling with Fig Glaze**

Roasted Breast of Duckling glazed with Chef BJ's Fig Sauce

# Sample Menu



## **FEATURED ENTRÉES** *(CONTINUED)*

### **Easter Shore Crab Cakes**

Eastern Shore classic Crab Cakes served with Lemon and Tartar Sauce

### **Sole Dijonaise**

Filet of Sole topped with a Dijon Mustard blend served with Lemon and Tartar Sauce

### **Herbed Filet of Haddock**

Delivered fresh Filet of Haddock topped with fresh Herbs and Spices served with Tartar Sauce and a Lemon Wedge

### **Crispy Cornmeal Chicken**

Farm Fresh Chicken breaded in cornmeal and oven fried to perfection

### **Chicken Marsala**

Farm Fresh Chicken seasoned and served in a Marsala Sauce

### **Mango BBQ Chicken Wings**

Plump Chicken Wings served with our original recipe Mango BBQ Sauce

# Sample Menu



## **DESSERT**

**Banana Walnut Bread Pudding with Rum Vanilla Sauce**

**Homemade Peach Pie with Cream Lemon Meringue Pie**

**White Chocolate & Dark Chocolate Chip Cookies**

**Seasonal Whole Fruit**

**Sugar Free Peach Cheesecake**

**Sugar Free Spice Cake with Cinnamon Crème**

**Regular and Sugar Free Ice Cream and Sorbet**