

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

## Soup

### *Butternut Squash & Apple Bisque*

A hearty bisque of butternut squash with a hint of apple.

### *Cream of Carrot and Potato*

A creamy blend of carrots, potatoes and chicken stock.

### *Chicken and Wild Rice*

A hearty soup of diced vegetables, wild rice and diced chicken.

### *Caribbean Crab and Bean Soup*

Slightly spicy with three kinds of beans and plenty of vegetables.

### *Black Bean*

A hearty coarse puree of black beans, vegetables and smoked ham.

### *Consomme with Diced Chicken*

Diced chicken in a flavorful broth.

THE

W

ROOM

 THE WATERMARK  
AT EAST HILL

 = Heart Healthy

## Salads

### *Fruit Cup*

A selection of fresh seasonal fruit.

### *Mixed Greens with Blue Cheese and Toasted Almonds*

Baby salad greens topped with crumbled blue cheese and toasted almonds.

### *Mixed Green Salad*

A mix of seasonal lettuces and garnishes with your choice of dressings. Heart healthy with olive oil & vinegar or a fat free dressing.

### *Winter Salad*

Diced winter vegetables with red onions and beets in a sweet and savory vinaigrette.

### *Cucumber Salad*

Cucumbers in a dressing of sour cream and herbs, garnished with red onions and tomatoes.

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## Entrées

### *Leg of Lamb with Apple Stuffing*

Leg of lamb stuffed with an apple stuffing, roasted and sliced. Served with apple mint jelly.

### *Paprika Cream Schnitzel*

Veal cutlet braised with a sauce of tomatoes, paprika, onion and sour cream.

### *Sauerbraten*

Beef brisket marinated for 48 hours, browned and braised till tender and served with a ginger snap gravy.

### *Grilled Ham Steak with Honey Mustard Sauce*

Grilled smoked ham steak finished with a sweet and tangy honey mustard sauce.

### *Grilled Pork Chop*

Grilled boneless pork chop marinated in a Chinese barbeque sauce. Heart healthy with sauce served on the side.

### *Braised Flat Iron Steak Lyonnaise*

Steak braised until tender in a rich gravy of caramelized onions, garlic, cognac and demi-glace.

### *Old Fashioned Yankee Beef Pot Roast*

Beef Brisket braised with vegetables, and served with vegetable beef gravy.

## Entrées *(continued)*

### *Baked Salmon with Bearnaise Sauce*

Fresh Atlantic salmon baked and served with a lemon tarragon flavored hollandaise. Heart healthy without the Bearnaise sauce.

### *Fried Shrimp*

Breaded large shrimp fried crispy with your choice of tartar or cocktail sauce.

### *Shrimp Creole*

Extra large tail-off shrimp sautéed and blended with a delicious creole sauce of bacon, onions, celery, green peppers and tomatoes. Heart healthy with sauce served on the side.

### *Baked Basa with Mediterranean Sauce*

Fresh baked Basa fillets topped with a sauté of sweet bell pepper, tomatoes, olives and herbs.

### *Seafood Risotto*

Sautéed lobster, shrimp and scallops served on a bed of creamy pesto risotto accompanied by baby peas.

### *Turkey Meatballs in Cranberry Sauce*

Lean turkey blended with onions, breadcrumbs, rice and seasonings then baked and served in a cranberry sauce.

### *Roast Breast of Duck with Apple Raisin Stuffing*

Boneless breast of duck roasted until skin is crispy and meat is tender. Served with an apple, raisin cornbread stuffing and brandied cranberry sauce.

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## Entrées *(continued)*

 *Roast Breast of Chicken with Old Fashioned Bread Stuffing*  
Boneless breast of chicken stuffed with an old fashioned bread stuffing then roasted and served with a rich pan gravy. Heart healthy with sauce served on the side.

### *Cranberry Sage Chicken Roulade*

Chicken breast roulade stuffed with a classic filling of whole sweet dried cranberries blended with a sage bread stuffing and finished with a rich pan gravy.

 *Chicken Normandy*

Boneless breast of chicken sautéed and served with a sauce of brandy, mushroom and apples. Heart healthy with sauce served on the side.

 *Chicken Breast with a Whole Grain Mustard Sauce*

Boneless breast of chicken sautéed and served with a sauce of white wine, veal demi-glace, heavy cream and whole grain mustard. Heart healthy with sauce served on the side.

 *Vegetarian Sloppy Joe*

A blend of quinoa and diced garden burgers with a rich spicy tomato sauce served on a hamburger bun.

### *Penne Ala Vodka*

Penne Pasta tossed with cream, vodka, tomatoes, ham, sausage, prosciutto and herbs.



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## Entrées *(continued)*

-  *Spaghetti Squash with Vegetable Tomato Sauce*  
Spaghetti Squash sautéed and finished with a hearty vegetable tomato sauce.
-  *Butternut Squash Ravioli with Mushroom Walnut Sauce*  
Pasta ravioli filled with a fresh blend of roasted butternut squash, ricotta cheese, and parmesan cheese. Finished with a sauce of shiitake mushrooms, white wine, vegetable stock and walnuts.

## Accompaniments

### *Starch*

-  Baked Sweet Potato
- Mashed Potatoes
- Delmonico Potatoes
- Rice Pilaf
- Potato Pancakes
-  Egg Noodles
-  Brown Rice

### *Vegetables*

-  Steamed Spinach
-  Steamed Asparagus
- Herbed Vegetable Medley
-  Brussel Sprouts
-  Cauliflower
- Tomato Au Gratin

 = *Heart Healthy*





## Desserts

### *Apple Cranberry Pie*

Sweet apples and tart cranberries baked in a pie shell with streusel topping.

### *Orange Almond Angel Food Cake*

 Delicately flavored angel food cake with a hint of orange and almonds.

### *Peach and Raisin Bread Pudding*

Cubes of bread saturated with egg custard, surrounded by peaches and raisins. Baked and served with a bourbon sauce.

### *Sugar-Free Chocolate Mousse Cake*

Sugar free chocolate cake with a layer of sugar free chocolate mousse glazed with a sugar free chocolate icing.

### *Apple Crisp*

Granny Smith apples baked with an oat streusel topping.

### *Lemon Meringue Pie*

Refreshing lemon filling topped with a sweet meringue, baked until peaks are golden brown.

### *Chocolate Caramel Banana Upside Down Cake*

Dark chocolate cake, sweet bananas and gooey caramel.

### *Espresso Chocolate Mousse with Orange Mascarpone Whipped Cream*

A medley of delicious flavors topped with sweet whipped cream.

These extraordinary meals are available for a special celebration or simply to treat yourself. Each of these culinary experiences come with a soup and house or special salad and dessert.

### *Seafood Risotto*

***\$14.00 resident | \$18.00 guest***

Sautéed lobster, shrimp and scallops served on a bed of creamy pesto risotto accompanied with steamed asparagus.

### *Surf and Turf*

***\$17.00 resident | \$20.00 guest***

Grilled 4-ounce Filet Mignon served with a baked 3 to 4-ounce lobster tail, twice baked potato and broccoli.

### *Half Rack of Lamb*

***\$15.00 resident | \$18.00 guest***

New Zealand spring rack of lamb roasted in a bed of rosemary demi-glace and accompanied by apple mint jelly, served with whipped potatoes and broccoli.

### *Filet Mignon*

***\$15.00 resident | \$18.00 guest***

An 8-ounce tenderloin of beef filet grilled to your liking served with a burgundy demi-glace, garlic mashed potatoes and grilled asparagus.





*NY Sirloin Steak*

*\$14.00 resident / \$17.00 guest*

12-ounce New York Sirloin flame grilled and served with a baked potato and broccoli.

*Twin Lobster Tails*

*\$18.00 resident / \$22.00 guest*

Two 3 to 4-ounce lobster tails baked and served with drawn butter, rice pilaf and asparagus.

