ENTRÉES

Homestyle Plates

All specialty entrées are served with choice of one beverage.

Fried Chicken Bowl
Mashed potatoes topped with boneless fried chicken, sweet corn, gravy and shredded cheddar cheese $17

Spaghetti and Meatballs
House-made marinara, meatballs, and Parmesan cheese, served with garlic bread and choice of one side $17
Sub vegetarian meatballs upon request.

Pot Roast Dinner
Slow-braised beef pot roast, finished with a rich pan gravy. Choice of two sides $19

Pan-Seared Salmon
Served with garlic butter and choice of two sides $20

Grilled Chicken Breast
Marinated and simply grilled, served with choice of two sides $14

Two Egg Breakfast
Two eggs your way, served with choice of bacon, sausage, or turkey sausage and choice of bread $13

Chef's Special
Daily creation featuring fresh, seasonal ingredients. Lunch $17, Dinner $19

SIDES

Pickled Beets $3
Mashed Potatoes $3
Baked Potato $3
French Fries $3
Onion Rings $4
Sweet Potato Fries $4
Coleslaw $3
Garlic Bread $4
Potato Chips $3
Bacon Green Beans $4
Buttered Corn $4
Vegetable of the Day $4

BEVERAGES

Soft Drink or Lemonade by Coca-Cola $4
Orange, Cranberry, or Apple Juice $3.50
Milk $3
Coffee, Iced or Hot Tea $4

DESSERTS

Dessert of the Day
Ask your server about today's fresh treat $5

Seasonal Cobbler
Served a la mode $6

Cookies
Chef's choice, baked fresh daily $4

Sugar Conscious Dessert
A lighter, lower-sugar treat crafted to satisfy your sweet tooth $5

Ice Cream $4

Fruit Cup $5

Some menu items may contain or come into contact with common allergens, including milk, eggs, wheat, soy, tree nuts, peanuts, fish, and shellfish. For questions about ingredients or allergen information, please speak with a member of our Food & Beverage team.

**Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*

For more information, you may also email: Accessibility@SpectrumRetirement.com.

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SOUPS AND STARTERS

Soup of the Day
Chef's creation that changes daily $5

Garden Salad
Mixed greens with grape tomatoes, cucumbers, and croutons, served with your choice of dressing $5

Hearty Chicken Noodle
Slow-simmered chicken, garden vegetables and egg noodles in a flavorful herb broth $5

ENTRÉES

Salads

All salad entrées are served with choice of one beverage. Add grilled chicken, fried chicken tenders, or plant-based chicken $5.

Caesar Salad
Romaine, Parmesan cheese, croutons, grape tomatoes, and Caesar dressing $10

Harvest Salad
Mixed greens, pickled beets, bleu cheese, red onion, pralines, dried cranberries, and apple cider vinaigrette $12

Chef Salad
Mixed greens, bacon, turkey, ham, tomato, hard boiled egg, cucumber, cheddar, croutons, and roasted garlic dressing $16

Handhelds

All handheld entrées are served with a pickle spear, one preferred side item, and one beverage.

Deli Counter
Have it your way. Choose from the below to build your custom sandwich $13

- Choice of turkey, or ham
- American, cheddar, or Swiss
- Gluten free, sourdough, rye, wheat, or white
- Bacon, lettuce, tomato, red onion, pickles, mayonnaise, mustard

Grilled Cheese
Toasted sourdough bread with melted American, cheddar and Swiss cheese $11
Add tomato, bacon, or ham $1

BLT
Crispy bacon, green leaf lettuce, tomato & mayonnaise on toasted wheat bread $11

The Daily Scoop
A rotating selection of freshly prepared deli salad. $15

Spectrum Chicken Sandwich
Crispy hand-breaded chicken breast with roasted garlic dressing and pickles, served on a toasted brioche bun $17
Grilled chicken available upon request.

Ballpark All-Beef Hot Dog
Customize with your favorite toppings: pickles, relish, tomato, onion, mustard, mayo, or ketchup $13

Chicken Tenders Basket
Served with your choice of BBQ, ranch, or honey mustard, and coleslaw $16

Classic Cheeseburger
Angus beef patty with your choice of cheese, topped with lettuce, tomato, onion, and pickle. $16
Black bean burger available upon request.

Breaded Shrimp Basket
Served with cocktail sauce, coleslaw, and a lemon wedge $17

Palos Heights SENIOR LIVING