

# ALWAYS AVAILABLE

# Menu

**Alto**  
Senior Living by Allegro

## ENTREES

### Wilderness Omelet

Two egg omelet with mushrooms, peppers, cheese, and ham

### Chef 's Choice Entree

A rotating selection of fresh, chef prepared entree's. Please ask your server about the daily special

### Homestyle Cheese Pizza

A flatbread pizza topped with a savory pizza sauce and blend of Italian cheeses

### Grilled Salmon Fillet

6 ounce fillet of fresh Atlantic salmon, grilled to order, & served with choice of two sides

### Alaskan Fish and Chips

Beer battered cod fillet served with fries, lemon wedges, and tartar sauce

## SANDWICHES & WRAPS

### Angus Hamburger

6 ounce grilled beef patty, served with choice of cheese & L.T.O. on a toasted potato bun

### Deli Sandwich

Choice of roast beef, turkey, or ham on choice of bread or wrap. Served with choice of cheese & L.T.O.

### All Beef Hot Dog

Butterflied & grilled all beef hot dog. Served on a toasted bun with your choice of condiments

### Veggie Burger

Meatless veggie patty, grilled to order, with your choice of cheese. Served on a toasted bun with L.T.O.

## FRESH MADE SALADS

### Mainstay Salad

Mixed greens with shrimp, blueberries, mandarin oranges, toasted almonds, and poppy seed dressing

### Turkey and Ham Chef Salad

Mixed greens with turkey, ham, tomato, cucumber, hard-boiled egg, and cheese. Served with choice of dressing

### Autumn Chopped Chicken Salad

Mixed greens with cranberries, candied pecans, and grilled chicken breast. Served with a raspberry vinaigrette

### Cold Salad Trio

Scoops of homemade chicken, tuna, and egg salad. Served on leaf lettuce with fresh tomato slices

### Cottage Cheese and Fruit Platter

Low-fat cottage cheese on a bed of leaf lettuce with fresh seasonal fruit

## APPETIZERS:

### Popcorn Chicken

Hand breaded chicken breast bites, fried until golden brown, and served with a honey mustard dipping sauce

### Chicken Quesadilla

Chicken breast with peppers, caramelized onions, cheddar cheese in a crisp tortilla. Served with salsa & sour cream

### Fried Okra

Lightly breaded okra, fried until crisp, and served with Ranch dressing

## SIDE DISHES:

### Steamed Broccoli

### Baked Potato

### Baked Sweet Potato

### Sweet or Regular French Fries

### Corn

### Carrots