<table>
<thead>
<tr>
<th>DAY</th>
<th>MENU</th>
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</thead>
</table>
| Sunday    | **DID YOU KNOW?**
The oldest evidence for soup is from 6,000 B.C., and calls for hippopotamus and sparrow meat. |
| Monday    | **DID YOU KNOW?**
Pringles once had a lawsuit trying to prove that they weren't really potato chips. |
| Tuesday   | **DID YOU KNOW?**
Pound cake got its name from its original recipe, which called for a pound each of butter, eggs, sugar, and flour. |
| Wednesday | **DID YOU KNOW?**
Ripe cranberries will bounce like rubber balls. |
| Thursday  | **DID YOU KNOW?**
An average ear of corn has an even number of rows, usually 16. |
| Friday    | 1 BLT Salad
Flounder Florentine
Greek Style Rib Eye
Chicken Cheese Quesidillas
Potato Lyonnaise
Orange Buttered Carrots
Brussel Sprouts and Bacon |
| Saturday  | 2 Surf and Turf
Cobb Salad
Filet Mignon / Crab Legs
Cheddar Cheese Twice
Baked Potato
Baby Green Top Carrots
Cream Brulee
*Dinner Only* |

### Capstone Village Sunday Lunch Buffet

<table>
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<th>Day</th>
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<tr>
<td>3</td>
<td><strong>Capstone Village Sunday Lunch Buffet</strong></td>
</tr>
</tbody>
</table>
| Sunday    | 4 Sun Dried Cranberry
Almond Salad
Asian Pork Chops
Stuffed Flounder
Patty Melt served with Fries
Scalloped Potatoes
Fresh Baby Carrots
Green Peas with Mushrooms |
| Monday    | 5 Pineapple Chicken Salad
Chicken Marsala
Orange Roughy Greek Style
Turkey Wrap
Yukon Gold Mashed Potatoes
Grilled Vegetable Medley
Broccoli with Cheese |
| Tuesday   | 6 Southern Theme
Tomatoes, Onion, Cucumber Salad
Chicken Fried Steak
Pork and Beans
Spiced Butter Beans
Steved Tomatoes
Sautéed Sugar Snap Peas
Bread Pudding |
| Wednesday | 7 Curry Chicken Salad
Prime Rib
Grilled Snapper with Lemon butter
Turkey Wrap
Twice Baked Potatoes
Fried Green Tomatoes
Southern Style Green Beans |
| Thursday  | 8 Curry Chicken Salad
Prime Rib
Grilled Snapper with Lemon butter
Turkey Wrap
Twice Baked Potatoes
Fried Green Tomatoes
Southern Style Green Beans |
| Friday    | 9 Surf and Turf
Spinach, Tomato, Strawberry Salad
New York Strip Steak with Lemon Charbroiled Shrimp
Loaded Mashed Potatoes
French Green Beans
Fried Cheese Cake
*Dinner Only* |
| Saturday  | 10 Surf and Turf
Lobster Bisque
Sliced Jerk Pork Tenderloin w/ Pesto Shrimp
Lemon Buttered Spaghetti
Asparagus Tips
Ice Cream Crepes
Fresh Berries, Sweet Crean with Mango Coulis
*Dinner Only* |

### Capstone Village Sunday Lunch Buffet

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| 11        | 11 Sun Dried Cranberry
Almond Salad
Asian Pork Chops
Stuffed Flounder
Patty Melt served with Fries
Scalloped Potatoes
Fresh Baby Carrots
Green Peas with Mushrooms |
| Monday    | 12 Sun Dried Cranberry
Almond Salad
Asian Pork Chops
Stuffed Flounder
Patty Melt served with Fries
Scalloped Potatoes
Fresh Baby Carrots
Green Peas with Mushrooms |
| Tuesday   | 13 Theme Down Under
Australian Gruel Frui Salad
Roasted Pork Chops with Fennel and Apples
Australian Mixed Grill Beef Tenderloin Medallion,
Chicken breast and Shrimp
Sweet Potato Casserole
Roasted Beets
Spicy Garlic Zucchini
Chocolate Cake with Raspberry Sauce |
| Wednesday | 14 Tuna Salad in Tomato Cup
Vegetable Frittata
Hawaiian Lime Mahi
Patty Melt served with Fries
Potatoes Lyonnaise
Fried Zucchini
Cream Corn |
| Thursday  | 15 Tuna Salad in Tomato Cup
Vegetable Frittata
Hawaiian Lime Mahi
Patty Melt served with Fries
Potatoes Lyonnaise
Fried Zucchini
Cream Corn |
| Friday    | 16 Surf and Turf
Steak Salad
Prime Rib
Snow Crab Claws
Steak Fries
Buttered Broccoli
Vanilla Flan with Fresh Berries
*Dinner Only* |
| Saturday  | 17 Surf and Turf
Berry Salad
Prime Rib
Snow Crab Claws
Steak Fries
Buttered Broccoli
Vanilla Flan with Fresh Berries
*Dinner Only* |

### Capstone Village Sunday Lunch Buffet

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| 18        | 18 Cottage Cheese and Peach
Margherita Beef
Creamed Chicken and Biscuits
1/2 Club Sandwich
Croquette Potatoes
White Cabbage
Fresh Asparagus |
| Monday    | 19 Cottage Cheese and Peach
Margherita Beef
Creamed Chicken and Biscuits
1/2 Club Sandwich
Croquette Potatoes
White Cabbage
Fresh Asparagus |
| Tuesday   | 20 Southern Theme
Chunky Chicken Salad
Fried Catfish
Baked Ham with Pineapple
Macaroni and Cheese
Breaded Okra
Creamed Corn
Warm Pecan Pie Ala Mode |
| Wednesday | 21 Granny Smith Apple Salad
Scallop Shrimp Linguini
Chicken Piccata
1/2 Club Sandwich
Roasted Red Bliss Potatoes
Herb Zucchini
Sautéed Button Mushrooms |
| Thursday  | 22 Granny Smith Apple Salad
Scallop Shrimp Linguini
Chicken Piccata
1/2 Club Sandwich
Roasted Red Bliss Potatoes
Herb Zucchini
Sautéed Button Mushrooms |
| Friday    | 23 Surf and Turf
Berry Salad
Prime Rib
Snow Crab Claws
Steak Fries
Buttered Broccoli
Vanilla Flan with Fresh Berries
*Dinner Only* |
| Saturday  | 24 Surf and Turf
Blackened Lamb Medallions
Jerk Seasoned Salmon with Sauce Béarnaise
French Dip
Brown Rice
Tomato Parmesan
Sautéed Zucchini with Green Onions
*Dinner Only* |

### Capstone Village Sunday Lunch Buffet

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| 25        | 25 Cashew Chicken Salad
Black Bean Cakes
Chicken With Pesto Bowtie
Pasta
French Dip
Cheddar Cheese Mashed Potatoes
Cut Corn with Pimientos
Sugar Snap Peas |
| Monday    | 26 Cashew Chicken Salad
Black Bean Cakes
Chicken With Pesto Bowtie
Pasta
French Dip
Cheddar Cheese Mashed Potatoes
Cut Corn with Pimientos
Sugar Snap Peas |
| Tuesday   | 27 Theme Down Under
Rocket Lettuce with Grape
Tomatoes and Pine Nuts
Roasted Pork Loin with Marmalade
Aussie BBQ Leg of Lamb
Roasted Potatoes with Greens
Fennel Gratin
Roasted Asparagus Baked Pears in Custard |
| Wednesday | 28 Waldorf Salad
Short Ribs
Italian Sausage and Peppers
with Angel Hair Pasta
French Dip
Brown Rice
Tomato Parmesan
Sautéed Zucchini with Green Onions |
| Thursday  | 29 Waldorf Salad
Short Ribs
Italian Sausage and Peppers
with Angel Hair Pasta
French Dip
Brown Rice
Tomato Parmesan
Sautéed Zucchini with Green Onions |
| Friday    | 30 Surf and Turf
Blackened Lamb Medallions
Jerk Seasoned Salmon with Sauce Béarnaise
French Dip
Brown Rice
Tomato Parmesan
Sautéed Zucchini with Green Onions
*Dinner Only* |
| Saturday  | 31 Surf and Turf
Blackened Lamb Medallions
Jerk Seasoned Salmon with Sauce Béarnaise
French Dip
Brown Rice
Tomato Parmesan
Sautéed Zucchini with Green Onions
*Dinner Only* |