

HOW TO PLACE YOUR ORDER

ROOM SERVICE HOURS

Breakfast: 8:00am – 9:30am

Lunch: 12:00pm – 1:30pm

Dinner: 5:00pm – 6:30pm

- A weekly menu will be available at the Oakton entrance desk. Family members may pick up the menu and fill it out with, or for, their loved one.
- Please complete the weekly menu by circling the items you would like or handwriting in the substitutions on the days you would like them. Once completed please place in the black menu box at the Oakton desk.
- Turn in weekly menus by Friday, 1:00pm, for the following week.
- If the menu is filled out after Friday, please call the supervisor number to come pick it up: **847-873-4199**.

BEVERAGES

Juice: Apple, Cranberry or Orange

Milk: Skim, 2% or Whole

Iced Tea, Lemonade
Cola, Diet Cola,
Lemon Lime Soda or Ginger Ale

Updated 03.2024


LUTHERAN HOME
INSPIRING THE BEST SINCE 1892.

Thomas
cuisine

ALWAYS AVAILABLE
MEMORY SUPPORT MENU




LUTHERAN HOME
INSPIRING THE BEST SINCE 1892.

Empowering vibrant *Grace-Filled Living* across all generations.

BREAKFAST

CEREAL ♥

Cheerios | Corn Flakes | Frosted Flakes
Honey Nut Cheerios | Raisin Bran
Special K | Oatmeal | Cream of Wheat

SIDES

Scrambled Eggs ♥ | Hard Boiled Eggs ♥
Over Easy Eggs ♥ | Bacon ♥ | Turkey Sausage ♥

BREADS

White | Wheat | Rye | Raisin
Bagel (plain or everything)
English Muffin | Blueberry Muffin

FRUIT ♥

Fresh Fruit Cup | Canned Fruit
Yogurt | Greek Yogurt | Cottage Cheese

LUNCH/DINNER LIGHTER SIDE

Chef Salad (no ham, no cheese ♥)

Iceberg lettuce topped with julienned ham & turkey,
hard boiled egg, tomatoes, carrots & cheddar cheese.
Served with your choice of dressing

Chicken Caesar Salad

Romaine lettuce topped with grilled chicken,
tomatoes, croutons & Parmesan cheese.
Served with Caesar dressing

DRESSINGS

Balsamic Vinaigrette | Caesar
French | Italian | Ranch

Cottage Cheese & Fruit Plate ♥

Cottage cheese served with honeydew,
cantaloupe & watermelon

SOUPS

Tomato | Vegetable ♥
Chicken Noodle ♥

(Items with a ♥ are available for Heart Healthy diets.)

LUNCH/DINNER

DELI SANDWICHES

CHOICE OF BREAD

White | Wheat | Rye

CHOICE OF MEAT

Turkey ♥ | Ham | Tuna Salad ♥
Egg Salad ♥

CHOICE OF CHEESE

American | Cheddar | Swiss ♥
Provolone

CHOICE OF TOPPINGS

Lettuce | Tomato | Pickle
Peanut Butter & Jelly Sandwich ♥

FROM THE GRILL

Hamburger ♥ or Cheeseburger
Breaded Chicken Sandwich
Grilled Cheese: American or Swiss ♥
Hot Dog
Pizza: Cheese or Pepperoni
Grilled Chicken Breast ♥
Parmesan Breaded Tilapia
Baked Tilapia ♥
Salmon Filet ♥
Beef Filet

SIDES

Salad ♥ | Mashed Potatoes ♥ | French Fries
Baked Potato ♥ | Baked Sweet Potato ♥
Chips | Carrots ♥ | Green Beans ♥

DESSERTS ♥

Ice Cream: Vanilla, Chocolate or Strawberry

NSA (No Sugar Added)
Vanilla Ice Cream

Italian Sorbet: Cherry or Lemon

Orange Sherbet

Jello

Pudding: Chocolate or Vanilla