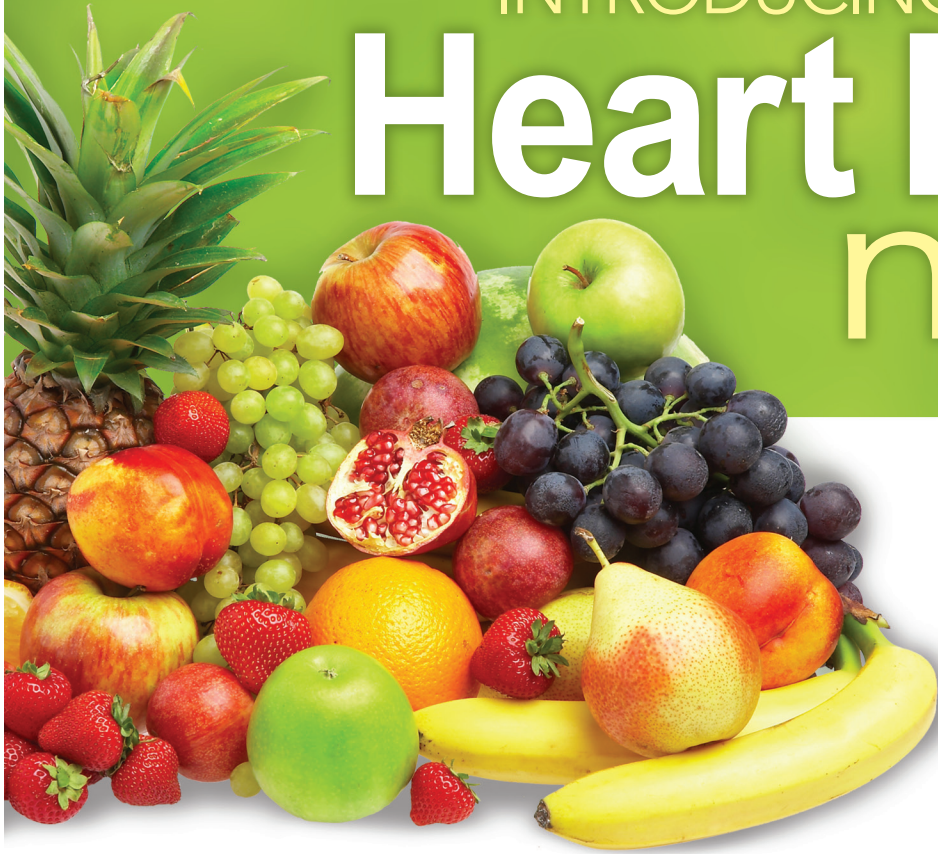


INTRODUCING OUR NEW Heart Healthy menu



We understand that sound nutrition is vital in helping our residents stay active, healthy, and happy. To ensure that our residents are receiving well-

balanced, healthy meals, that are

enjoyable and taste great, we have designed a well-balanced, Heart Healthy menu that is loaded with delicious, familiar, comfort foods that our residents enjoy! Our Heart Healthy menu items offer less sodium, fat and cholesterol, without skimping on taste and flavor. This menu offers visually appealing, quality meals that are nutritionally balanced for the health and well-being of our residents. We are not satisfied until our residents are thoroughly pleased with our service, food and the overall dining experience.

Our Heart Healthy Menu features:

- Resident favorites, without the added fat and salt.
- Homemade recipes made from scratch using low-sodium or salt free seasonings & stocks in place of salt based seasonings.
- Freshly prepared menu choices using herbs as primary seasonings.
- More fresh fruits & vegetables.
- Reduced fat dairy options.
- Whole grain breads, cereals and side dishes.

