

Elk River Senior Living: September 2026

| Sunday                                                                                                                                                                                                    | Monday                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                 | Thursday                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                                                                  | Saturday                                                                                                                                                                                                          |
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|                                                                                                                                                                                                           |                                                                                                                                                                                                                                | <div>Continental Breakfast 1</div> <div>Noon</div> <div>Blue Cheese Chicken Sandwich w/ Potato Wedges and Coleslaw</div> <div>Evening</div> <div>Asian Chicken Salad w/ Sesame Breadstick</div>                       | <div>Hot Breakfast 2</div> <div>Noon</div> <div>Herb Breaded Chicken w/ Garden Rice Pilaf</div> <div>Country Trio Vegetable</div> <div>Evening</div> <div>BBQ Pork Slider w/ Candied Onions</div> <div>French Fries and Fresh Fruit</div> | <div>Continental Breakfast 3</div> <div>Noon</div> <div>Meat Loaf w/ Mashed Potatoes and Corn</div> <div>Evening</div> <div>Cheese Tortellini w/ Diced Ham and Peas</div> <div>With Garlic Bread</div>                                      | <div>Continental Breakfast 4</div> <div>Noon</div> <div>Crab Stuffed Flounder Topped with Hollandaise Sauce w/ Herb Roasted Potatoes and Carrot Blend Vegetables</div> <div>Evening</div> <div>Chicken Bacon Ranch Wrap w/ French Fries and Fruit</div> | <div>Continental Breakfast 5</div> <div>Noon</div> <div>Pancakes w/ Scrambled Eggs, Hashbrowns and Sausage</div> <div>Evening</div> <div>Chipped Beef on Toast w/ Glazed Carrots</div>                            |
| <div>Continental Breakfast 6</div> <div>Noon</div> <div>Patty Melt Sandwich w/ Fries and Pickles</div> <div>Evening</div> <div>Hot Ham and Cheese French Tafer Tots and Fruit</div>                       | <div>Continental Breakfast 7</div> <div>Noon</div> <div>Chicken Alfredo w/ Broccoli Garlic Toast and Peaches</div> <div>Evening</div> <div>Boxed Dinner</div>                                                                  | <div>Continental Breakfast 8</div> <div>Noon</div> <div>Summer Citrus Chicken Seasoned Orzo</div> <div>Mandarin Oranges</div> <div>Evening</div> <div>Personal Deep Dish Pizza w/ Broccoli and Bacon Salad</div>      | <div>Hot Breakfast 9</div> <div>Noon</div> <div>BBQ Country Style Ribs in Sauerkraut</div> <div>Mashed Potatoes</div> <div>Corn</div> <div>Evening</div> <div>Cold Tuna Macaroni Pasta Salad w/ Chips and Pineapple</div>                 | <div>Continental Breakfast 10</div> <div>Noon</div> <div>Philly Cheese Steak Sandwich w/ Onion rings</div> <div>Evening</div> <div>Sweet and Sour Pork w/Stir Fry Vegetables and white rice</div>                                           | <div>Hot Breakfast 11</div> <div>Noon</div> <div>Beer Battered Walleye Baked Potato and Coleslaw</div> <div>Evening</div> <div>Golash w/ Mixed Vegetables and Galic Bread</div>                                                                         | <div>Continental Breakfast 12</div> <div>Noon</div> <div>Sausage &amp; Vegetable Egg Bake w/ Breakfast Potatoes and Fruit</div> <div>Evening</div> <div>Grilled Hot Dog on Bun w/ Potato Salad, Baked Beans</div> |
| <div>Continental Breakfast 13</div> <div>Noon</div> <div>Salisbury Steak Mashed Potatoes and Carrots</div> <div>Evening</div> <div>Broccoli and Cheese Soup w/ Turkey Croissant Sandwich</div>            | <div>Continental Breakfast 14</div> <div>Noon</div> <div>Teriyaki Grilled Chicken w/ Pineapple Salsa</div> <div>Coconut Rice and Asparagus</div> <div>Evening</div> <div>California Burger w/ Curly Fries and Watermelon</div> | <div>Continental Breakfast 15</div> <div>Noon</div> <div>Parmesan Baked Chicken w/ Pasta In Marinara Sauce and Caesar Salad</div> <div>Evening</div> <div>Honey Baked Ham w/ Scalloped Potatoes and Green Beans</div> | <div>Hot Breakfast 16</div> <div>Noon</div> <div>Open Face Beef Sandwich w/ Mashed Potatoes and Peas</div> <div>Evening</div> <div>Egg Salad On Croissant w/ Sun Chips and Coleslaw</div>                                                 | <div>Continental Breakfast 17</div> <div>Noon</div> <div>Chicken Enchiladas Spanish Rice and Roasted Corn</div> <div>Evening</div> <div>Pulled pork mac and cheese w/ Honey Butter Carrots and Pears</div>                                  | <div>Continental Breakfast 18</div> <div>Noon</div> <div>Pesto Shrimp Pasta w/ Roasted Cherry Tomatoes and Garlic Bread</div> <div>Evening</div> <div>Smoked Turkey Sliders w/ Italian Pasta Salad and Pears</div>                                      | <div>Continental Breakfast 19</div> <div>Noon</div> <div>Breakfast Flat Bread Pizza and Fruit</div> <div>Evening</div> <div>Sloopy Joe on Bun Chips and Peaches</div>                                             |
| <div>Continental Breakfast 20</div> <div>Noon</div> <div>Beef Lasagna w/ Ceasar Salad and Garlic Bread</div> <div>Evening</div> <div>Chicken Drumstick Mashed Potatoes and Chicken Gravy Peaches</div>    | <div>Continental Breakfast 21</div> <div>Noon</div> <div>Meatloaf with Mashed Potatoes and Green Beans</div> <div>Evening</div> <div>Chicken Tender w/ Macaroni &amp; Cheese, Country Trio Vegetables</div>                    | <div>Continental Breakfast 22</div> <div>Noon</div> <div>French Dip w/ Tator Tots and Creamy Cucumber Salad</div> <div>Evening</div> <div>Chicken A La King over Biscuits w/ Baked Apples</div>                       | <div>Hot Breakfast 23</div> <div>Noon</div> <div>Cream of mushroom Pork Chop w/ Beef Rice and Asparagus</div> <div>Evening</div> <div>Beer Brat, Sauerkraut on Bun w/ Curly Fries</div>                                                   | <div>Continental Breakfast 24</div> <div>Noon</div> <div>Spaghetti with Meatballs and Vegetable sauce, Garlic Bread</div> <div>Evening</div> <div>Strawberry Chicken Salad Topped with Blue Cheese, Candied Almonds and Raspberry Vin</div> | <div>Continental Breakfast 25</div> <div>Noon</div> <div>Beer Battered Walleye Baked Potato and Coleslaw</div> <div>Evening</div> <div>Cuban Sandwich w/ Tator Tots</div>                                                                               | <div>Continental Breakfast 26</div> <div>Noon</div> <div>Corned Beef Hash w/ Scramble eggs and Toast</div> <div>Evening</div> <div>Cream Of Tomato Soup w/ Grilled Cheese</div>                                   |
| <div>Continental Breakfast 27</div> <div>Noon</div> <div>Pulled Pork Sandwich w/ Fries and Pineapple Cup</div> <div>Evening</div> <div>Mashed Potato Bowl w/ Breaded Chicken Tender, Corn and Gravy</div> | <div>Continental Breakfast 28</div> <div>Noon</div> <div>Maple Bacon Chicken Sandwich w/ Potato Wedges and Coleslaw</div> <div>Evening</div> <div>Smoked Kielbasa W/ Peppers, Onion and Fried Potatoes</div>                   | <div>Continental Breakfast 29</div> <div>Noon</div> <div>Lemon Garlic Pork Loin Baked Potato</div> <div>Broccoli</div> <div>Evening</div> <div>Teriyaki Chicken Stir Fry Over White Rice and Egg Roll</div>           | <div>Continental Breakfast 30</div> <div>Noon</div> <div>Swiss Steak w/Gravy Over Herb Mashed Potatoes and Vegetable Blend</div> <div>Evening</div> <div>Deli Sandwich Lettuce/Tomato/Onion Potato Chip and pears</div>                   | <div>Hot Breakfast</div> <div>Served Wednesdays</div> <div>Bacon, Sausage, Eggs, and Pancakes</div> <div>All meals are subject to change with proper notice</div>                                                                           | <div>Continental Breakfast</div> <div>Served M, T, Th, F, Sat, &amp; Sun</div> <div>Toast, Cereal, Fresh Fruit,</div> <div>Hard-boiled Eggs, Pastries and Yogurt</div>                                                                                  | <div>Noon and Evening meals are accompanied with a choice of Homemade Soup, Fresh Fruit, Garden Salad, Dinner Roll and Dessert</div> <div>*Alternate Menu is available upon request during mealtimes</div>        |