

Chateau Cupertino DINING SERVICES



Chateau Cupertino prides itself on the good home-style meals we serve. We recognize that wholesome, tasty meals, shared with good company at a pleasingly set table, are among the greater pleasures in life... and our entire food presentation has been planned with this in mind. To satisfy individual food preferences, we offer multiple menu choices at all meals which are served every day, including weekends and holidays.



QUALITY
100%
GUARANTEED

DIETITIAN SUPERVISED

We have four seasonal cycles with six weeks of daily menus in each cycle. In addition, we have our twelve rotating monthly specials that give dinner added scope and choices. These menus are created and supervised by our Dietitian and our Dining Services Director. We optimize the use of high quality ingredients, seasonal fruits, vegetables and fresh meats available to use in our recipes. The Chateau's cook staff prepares our recipes with care minimizing the use of salt and fat for a healthier meal. Our menus have been annotated by the Dietitian to assist residents in selecting the lower fat, low cholesterol and high fiber choices. Diabetic selections are also available to assist with personal preference as well.

MEALS

Your rent includes two meals daily, breakfast and dinner with the optional lunch meal available for a nominal fee. For your convenience each apartment has a kitchenette, with cabinets, full size refrigerator, sink and 2 burners stove top for lunch and snack preparation. If you prefer the Chateau to make your lunch, this can be done.

Remember when you were a working Joe or Jessie putting in the hours each week to take care of your family? You were tired when you got home and you wanted to eat and relax. Monday through Friday, you came home to good comfort food. However, you looked forward to the weekend, to some special meals. The Chateau's meals are designed in a very similar fashion. During the week we cook popular homestyle meals. On the weekend we create extra special menus for your enjoyment. Meals at the Chateau are always changing. We continually research and integrate new and innovative recipes into our food cycles to help keep your food experience fun and exciting

MEAL TIMES

Both meals are served in an extended format for your convenience. Continental breakfast is serve yourself and hot breakfast is served to your table. You can enjoy a choice of two separate seatings at dinner with restaurant style service. Early supper is served buffet style every Sunday. For your enjoyment, we host a Champagne Brunch on the second Sunday of the month. Your guests, are welcome to join you from time-to-time at any meal for a small fee. If you wish, you may reserve the Family Dining Room for special private occasions.



BREAKFAST

COLD BREAKFAST CEREALS

Hot: Oatmeal and Cream of Wheat

Cold: All Bran, Corn Flakes, Raisin Bran
Granola, Shredded Wheat, Special "K",
Cheerios, Rice Chex

FRUITS

Apple Sauce, Bananas, Grapefruit, Melons, Prunes

OTHER/BREADS

Non Fat Cottage cheese

Strawberry & Plain Yogurt

Assorted Breads, Muffins, Coffee Cakes

JUICES

Apple, Grapefruit, Tomato, Cranberry, Orange,
Pineapple, V8, Grape, Guava

HOT BREAKFAST EGGS

(Egg beaters on request for scrambled)

Scrambled, Poached, Hard Boiled, Fried,
Ranch Style

OMELETS

(Egg beaters on request)

Plain, Cheddar, Monterey Jack, Mushroom, Onion,
Green Pepper, Spanish Sauce, Spinach, Tomato,
Bacon, Ham, Sausage

OTHER

Pancakes, Buck Wheat Pancakes, Waffles,
French Toast, Bagel with Cream Cheese & Lox

MEATS

Bacon, Ham, Sausage, Corned Beef Hash,
Hamburger Pattie, Turkey Sausage, Turkey Bacon

SIDE ORDERS

Hash Browns, Sliced Tomatoes, Grits

BEVERAGES

Freshly Brewed Seattle's Best Regular
& Decaffeinated Coffee, Low-Fat Milk, Non-Milk
& Low-Fat Buttermilk, Regular & Decaffeinated
& Herb Tea

CHAMPAGNE BRUNCH

This is an example of a Sunday Brunch.

SALADS

Spinach and Strawberry Salad

Fresh Fruit Bowl

Selections from the Salad Bar

ENTREES

ROSEMARY LEG OF LAMB

Marinated in honey and dijon mustard

GRAND MARNIER CORNISH GAME HEN

Rubbed with orange, honey and grand marnier

TURKEY PATTIES

With mushroom cream sauce

RANCH EGGS

SCRAMBLED EGGS

ACCOMPANIMENTS

Crispy Bacon

Carrots & Celery

Roasted Red Potatoes

Sausage Links

Brown Rice

Cauliflower & Broccoli

BREADS, MUFFINS & PASTRIES

Blueberry Coffee Cake

Poppy Seed Muffins

Dinner Rolls

Donuts

DESSERTS

Triple Chocolate Mousse

Low-Fat & Frozen Yogurt

Regular & Diabetic Ice Creams

Apple Strudel

Cake

BEVERAGES

Freshly Brewed Seattle's Best Regular
& Decaffeinated Coffee, Low-Fat Milk,
& Non-Fat Milk, Regular & Decaffeinated Tea,
Herb & Iced Tea, Apple, Cranberry, Guava,
Orange, Grape, Grapefruit, & Pineapple Juice

DO NOT CRUSH



DINNER

Below is an example of a Lighter Fare Menu which changes monthly.

MAIN COURSE DINNER SALADS

SELECTIONS FROM THE SALAD BAR

Mixed greens, vegetables, fresh fruit, cottage cheese & other assorted toppings, regular & non-fat dressings

TURKEY TORTELLINI SALAD

Cheese tortellini pasta & turkey with assorted vegetables served on a bed of lettuce with a parmesan garnish

SHRIMP LOUIE SALAD

Shrimp served on mixed greens with garnishes your choice of dressing

FRUIT COCKTAIL & COTTAGE CHEESE

Fruit cocktail and cottage cheese served on mixed greens and garnishes

HOT SANDWICH ENTREES

Any of the below items can be served with your choice of Sun Chips, potato chips, fruit, or coleslaw

PASTRAMI SANDWICH

GRILLED HAM &/OR CHEESE

BACON BURGER

Served on a bun garnished with lettuce, tomato, pickle, and red onion

COLD SANDWICH ENTREES

PASTRAMI SANDWICH

EGG SALAD SANDWICH

ADDITIONAL ITEMS

grilled onions sauteed mushrooms
chili with cheese & onion

DINNER

Changing Daily, below is an example of one of our Hearty Daily Menus.

BEEF, PORK, LAMB, OR VEAL

PRIME RIB

Carved to order

CHARBROILED GROUND BEEF STEAK

Lean ground chuck, charbroiled to order

POULTRY

TERIYAKI CHICKEN

Wine vinegar, soy sauce, pineapple juice, brown sugar, and ginger

SLICED BREAST OF TURKEY

Garnished with cranberry sauce

BREAST OF CHICKEN

A plain, boneless, skinless breast

SEAFOOD

BAKED FISH FILET

Filets dipped in seasoned cornmeal, garnished with tartar sauce and lemon

POACHED FILET OF FISH

Served with lemon

VEGETARIAN

POTATO VEGETABLE MEDLEY

Red potatoes, asparagus tips, and spinach

ACCOMPANIMENTS

PASTA

Served daily alternating wheat noodles or egg noodles
Served plain or with marinara sauce

RICE

Served daily alternating brown rice or white rice

POTATOES

Baked or mashed

BROWN GRAVY

Both regular and non-fat available upon request

VEGETABLES

Glazed Mint Carrots, Asian Blend, Cauliflower

BREADS

Dinner Rolls & Tray of Assorted Sliced Breads

DESSERTS

New York Cheese Cake Fresh Fruit Bowl
Rainbow Sherbet, Non-Fat Frozen Yogurt,
Strawberry, Chocolate, Vanilla, Featured Flavor
or Diabetic Ice Cream

BEVERAGES

Freshly Brewed Seattle's Best Regular
& Decaffeinated Coffee, Low-Fat Milk & Non-Fat
Milk, Regular & Decaffeinated Tea, Herb & Iced Tea



DINNER

Below is an example of a Weekend Menu which changes weekly.

SOUP & APPETIZER

FRENCH ONION AU GRATIN SOUP

VEGETABLE EGG ROLLS

SELECTIONS FROM THE SALAD BAR

Mixed greens, vegetables, fresh fruit, cottage cheese & other assorted toppings, regular & non-fat dressings

ENTREES

MARINATED TRI TIP

Savory garlic and soy sauce

TEQUILA LIME CHICKEN

Baked in a spicy citrus sauce

BAKED SHRIMP SCAMPI

In a zesty wine garlic sauce

BAKED CHICKEN BAKED FISH

ACCOMPANIMENTS

ROSEMARY RED POTATOES

ORANGE RICE

ZUCCHINI & TOMATOES

ASPARAGUS

BREADS

BROWN BREAD

TRAY OF ASSORTED SLICED BREAD

DESSERTS

Cherry Chocolate Cheesecake, Napoleon,
Fresh Pineapple with Toasted Coconut,
Regular & Diabetic Ice Creams,
Low-Fat Frozen Yogurt & Sherbet

BEVERAGES

Freshly Brewed Seattle's Best Regular
& Decaffeinated Coffee, Low-Fat Milk, & Non-Fat
Milk, Regular & Decaffeinated Tea, Herb
& Iced Tea, Sparkling Apple Cider

