

# Sample Brain-Healthy Menu

Help your loved one feel and function their best with The Grove's brain-healthy menu. Our mouthwatering meals are packed with powerful superfoods and brain-building nutrients, while low in fat and cholesterol. Bon appétit!

## *Breakfast*

**Yogurt Parfait:** Plain yogurt topped with walnuts (a good source of brain-saving omega-3s) and berries (one of the most concentrated sources of antioxidants). Protein from the yogurt—combined with fiber and whole grains from shredded wheat squares and high-fiber cereal—gets digested slowly for steady energy and better concentration all morning long.

**Egg Sandwich:** Fried eggs cooked with a brain food such as olive oil. Tomatoes, spinach and an apple on the side provide important antioxidants.

## *Lunch*

**Honey-Oat Bread:** Divinely moist honey-oat bread that's tasty yet healthful.

**Zesty Wheat Berry & Black Bean Chili:** Rib-sticking chili offers a hearty mix of wheat berries, beans, peppers and onion.

**Shrimp and Avocado Citrus Salad:** Spicy shrimp with creamy avocado and juicy oranges topped in a lime-cilantro vinaigrette.

## *Dinner*

**Lentil Soup:** Hearty and chocked full of vegetables. Served with warm cornbread.

**Raspberry, Strawberry & Mango Salad:** Pureed berries give the tangy wine vinegar dressing a creamy texture that gently clings to the lettuce and fruit.

**Salmon with Red Wine Morel Sauce:** Dried mushrooms give this rich red-wine sauce an almost meaty flavor. Served with barley tossed with parsley and steamed broccoli.

**Fruit Pizza:** A sweet fruit pizza with a cookie-dough crust and cream cheese center.

**THE GROVE**  
AT OAKLEAF VILLAGE  
MEMORY CARE COMMUNITY

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