



Golden Corral

You are encouraged to choose from
the

1 Protein choice – palm size and thickness

Grilled, baked or BBQ chicken

Baked fish or buffet style shrimp

Grilled pork steak or pulled pork

Carved ham, turkey, roast beef

1 Starch choice – 1/2 fist

Mashed potatoes

Corn bread stuffing

Corn

Northern/Pinto beans

White rice

Sweet potato casserole

Baked beans

Corn on the cobb

Lima beans

1-2 Cooked vegetable choices – 1/2 – one fist size

Broccoli/cauliflower

Green beans

Asparagus

Cabbage

Zucchini

Carrots

Vegetable medley

1 bread (sourdough, wheat) or yeast roll plus 1 tsp butter

Dessert – 1 choice:

Baked apple – ½ fist

Grilled peach – ½ fist

Cobbler – ½ fist

Chocolate covered fruit – ½ fist



Area Agency on Aging

Integrity. Independence. Quality of Life.



1 Soup choice – 1 cup

Tomato
Broccoli
Chili

1 Salad choice – one fist size plus 1 TBSP salad dressing

Spinach
Garden
Classic Caesar

Beverage:

Water
Unsweetened tea
Hot tea
Sparkling water

A program supported by the Administration on Aging to promote nutrition and reduce isolation through a partnership with Area Agency on Aging 3 and Golden Corral Restaurant.

Tip/gratuity is not included, please consider this when enjoying the services of this restaurant.