

GRAND OAKS

An Assisted
Living Residence

Sibley Memorial Hospital · Johns Hopkins Medicine

GOURMET DINING AND SEASONAL FAVORITES

At Grand Oaks, we never compromise comfort. Our restaurant style dining service offers choice seating, mealtimes, and caters to your menu preferences. Choose from our choice cuts of fresh meats and seafood, with garden fresh seasonal vegetables and organic groceries. Here is a sample of our daily dining options and specials. In addition to these, we also offer a variety of daily chef specials, including shrimp, scallops, meatloaf, roast beef, pasta, and much more.



BREAKFAST MENU

Breakfast Hours: 7:30 AM – 9:30 AM

Daily Breakfast Specials

MONDAY

Pancakes served with warm syrup*

TUESDAY

Cream chipped beef on a biscuit

WEDNESDAY

French toast served with warm syrup*

THURSDAY

Waffles served with warm syrup*

FRIDAY

Corned beef hash with your choice of eggs

SATURDAY

The Ultimate Croissant (croissant with eggs and tomato, topped with hollandaise sauce)

SUNDAY

Omelet filled with your choice of vegetables and cheese

SUNDAY BRUNCH is served 11:30 AM to 1:30 PM



COLD CEREALS

Raisin Bran, Frosted Flakes, All Bran, Cheerios, Honey Nut Cheerios, and Rice Crispies

HOT CEREALS

Oatmeal, Cream of Wheat, and grits

BREADS

English muffin, bagel, whole wheat, white, rye, and raisin bread

EGGS & MEAT

Eggs any style (scrambled, poached, fried, or boiled)
Bacon and sausage

HEALTHY CHOICES

Egg whites, egg beaters, Mrs. Dash, Sugar-Free Syrup, and bran muffins

SEASONAL FRUIT**

Honeydew melon, cantaloupe, pineapple, bananas, prunes, grapes, apples, oranges, grapefruit, strawberries, and blueberries

BEVERAGES

Coffee, decaffeinated coffee, hot tea
Orange, cranberry, apple, prune, pineapple, grape, and grapefruit juices

ALSO AVAILABLE

Yogurt, cream cheese, peanut butter, assorted jellies, butter, and margarine

*Sugar-free syrup is available

**Because fruit is seasonal, availability may vary

Please note: The consumption of raw or undercooked eggs may be hazardous to your health.

ALL DAY MENU

Lunch Hours: Noon – 1:30 PM

Dinner Hours: 5 PM – 7 PM

Fresh Salads

HOUSE SALAD

Our Grand Oaks salad with mixed baby greens and crisp romaine served with diced tomatoes, European cucumbers, sliced onion, and shredded carrots

CAESAR SALAD

Crisp romaine lettuce, herbed croutons, shredded parmesan cheese and a garlicky caesar dressing

FRUIT SALAD

A Selection of hand cut fruits including tropical pineapple, sweet cantaloupe, fresh honeydew, ripe strawberries, and crisp grapes. Your choice of yogurt or Glenview Farms cottage cheese

A La Carte Vegetables and Sides

California avocado, steamed spinach, steamed sroccoli, mixed fresh vegetables, baked Idaho potato, basil and mint Moroccan cous cous, and the vegetable du jour.

Be sure to ask your server about our daily offering or specials.

Cold Sandwiches

Low sodium Virginia ham, no salt oven roasted turkey breast, grilled chicken salad, hard boiled egg salad, and albacore tuna salad

GRAND OAKS CLUB SANDWICH

Fresh turkey breast, Virginia ham, Boston lettuce, sliced tomato, applewood bacon, and Hellman's mayonnaise.

Hot Sandwiches

GRILLED ½ POUND BLACK ANGUS BURGER

GROUND TURKEY BURGER

BLACK BEAN VEGETARIAN BURGER

All burgers served on a potato roll with Boston lettuce and sliced tomatoes.

GRILLED ¼ ALL BEEF HOT DOG ON POTATO BUN

All sandwiches served with chips and a pickle with lettuce and tomatoes. Other options include Swiss cheese, American cheese, gluten free Hellman's mayonnaise, and dijon mustard.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

ALL DAY MENU

Lunch Hours: Noon – 1:30 PM

Dinner Hours: 5 PM – 7 PM

Dinners

GRILLED FILET MIGNON

With wilted spinach, mashed potato, and cabernet demi-glace.

WILD MAINE SALMON

Sautéed and served with mint and basil cous cous, grilled tomato, and mixed vegetables.

ROASTED CHICKEN BREAST

Marinated with parsley, cilantro, citrus, and garlic roasted in the oven and served with wilted spinach and mashed potatoes.

Vegetarian Options

RATATOUILLE LASAGNA

Layers of eggplant, zucchini, yellow squash, tomatoes, peppers, and onion. Served with tomato puree.

HUMMUS PLATE

Puree chickpea with tahini and served with pita bread.

PORTABELLO SAUTÉ

Large portabello mushrooms marinated and deglazed with vegetable stock. Served with wilted spinach, basil, and mint cous cous and garnished with chopped tomato relish.