

GRAND AKS

An Assisted
Living Residence

Sibley Memorial Hospital · Johns Hopkins Medicine



Breakfast

Made-to-Order Breakfast

Bacon, oatmeal, pancakes, toast, cold cereal, and eggs (prepared anyway you like).

Lunch & Dinner

Fresh Salads

House Salad

Mixed baby greens and crisp romaine lettuce served with diced tomatoes, European cucumbers, sliced onion, and shredded carrots.

Caesar Salad

Crisp romaine lettuce, herbed croutons, shredded Parmesan cheese and a garlic Caesar dressing.

Fruit Salad

A selection of hand-cut fresh fruit including pineapple, cantaloupe, honeydew, strawberries, and grapes. Your choice of either yogurt or cottage cheese.

Soups

Ask your server about the soup du jour.

A sampling of our soups include: Chicken and pappardelle pasta, Italian wedding soup, tomato basil bisque, romanesco soup, chicken ginger noodle, green summer soup, gazpacho, and rotisserie chicken and vegetable.

A La Carte Vegetables and Sides

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

Ask your server about daily special offerings.

Sandwiches and Burgers

All sandwiches and burgers are served with potato chips and a pickle. Toppings include lettuce, tomato, Swiss cheese, American cheese, gluten-free mayonnaise, and Dijon mustard.

Build Your Own Sandwich

Choose from the options below to create your favorite sandwich on your choice of bread.

Meat choices: Low-sodium Virginia baked ham, no salt oven-roasted turkey breast, grilled chicken salad, egg salad, or albacore tuna salad.

Topping choices: Lettuce, tomato, Swiss cheese, American cheese, gluten-free mayonnaise, and Dijon mustard.

Grand Oaks Club Sandwich

Fresh, no-salt oven-roasted turkey breast, low-sodium Virginia baked ham, Boston lettuce, sliced tomato, applewood smoked bacon, mayonnaise, and your choice of bread.

Grilled Quarter-Pound, All-Beef Hot Dog on Potato Bun

Char-grilled kosher all-beef hotdog placed on a Pennsylvania-style potato bun.

Grilled Half-Pound Black Angus Burger

All-natural beef burger seasoned and grilled to your specification.

Ground Turkey Burger

All-natural Koch Farms turkey burger seasoned and grilled to your specification.

Black Bean Vegetarian Burger

Southwest-inspired vegetarian burger seasoned and grilled to your specification.

Meat Entrees

Grilled Marinated Free-Range Chicken Breast

Served with roasted butternut squash and wild rice.

Grilled Filet Mignon

Served with house-made mashed potatoes and wilted baby spinach.

Pan-Seared Verlasso Salmon

Seasoned lightly and served with wild rice and wilted baby spinach.

Maryland Crab Cake

Served with house-made mashed potatoes and roasted butternut squash.

Vegetarian Entrees

Pesto Spaghetti

Served with cherry tomatoes and button mushrooms.

Thai Curry Vegetables

Served with chickpeas and cilantro.

Vegetarian Casserole

Made with local, seasonal vegetables.

Traditional Hummus Plate with Avocado

Tomato Bruschetta on Baguette.

Assorted desserts offered daily.

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

Special Diets

Each dish prepared at Grand Oaks is prepared without additional salt to promote healthy and enjoyable meals. Saltshakers are available on all dining room tables, but residents on a no-added-salt diet should be encouraged to avoid using additional salt.

Hours

Breakfast: 7:30am – 9:30am

Lunch: 12pm – 1:30pm

Dinner: 5pm – 7pm

**Room service available for each meal time.*

Menu services are available by calling the front desk (202-349-3400) and asking to be connected to the kitchen.

Reservations are required at least 24 hours in advance to allow us the opportunity to best serve you and your loved ones.

Children's menu is available by request for guests under the age of 12.

