



FOUNTAIN PLAZA

Retirement Community

MENU

OPEN DINING

7:00 A.M. TO 7:00 P.M.

DAILY SPECIALS

LUNCH SPECIAL 11:00 – 2:00 p.m.

DINNER SPECIAL 4:00 – 6:30 p.m.

BREAKFAST AVAILABLE ALL DAY

1441 Morrow Road * Medford, Oregon 97504
(541) 772-6005 * (800) 899-4515 * Fax (541) 734-5000



FOUNTAIN PLAZA

LUNCH & DINNER MENU

BASKETS

CHICKEN TENDERS & FRIES

Crispy chicken tenders fried golden brown, served with your choice of barbecue, honey mustard, or ranch sauce and French fries

FISH & CHIPS

Golden-fried battered cod, served with French fries and tartar sauce

COCONUT PRAWNS

Golden-fried battered coconut prawns, served with cocktail sauce and a lemon wedge

DILL BUFFALO CHICKEN OR CAULIFLOWER WINGS

Crispy chicken or cauliflower tossed in a dill buffalo sauce, served with celery, carrots, and your choice of ranch or blue cheese

BEEF HOT DOG

Beef frank on a toasted bun (can add chili)

SANDWICHES & SMASHBURGERS

CHEESE OR CHICKEN QUESADILLA

Grilled chicken or cheese quesadilla with sour cream, guacamole, and green onions

TURKEY MELT

Smoked turkey, green chiles, tomato, red onion, cheddar, and lemon aioli on focaccia bread

GARLIC HERB CHEESESTEAK

Thinly sliced steak, caramelized onions, bell pepper, provolone cheese, and a garlic parmesan aioli on a toasted ciabatta bread

HOT ITALIAN

Pepperoni, soppressata, Genoa salami, red onion, shredded lettuce, tomato, provolone cheese, Italian dressing, toasted ciabatta bread

CUBANO

Ham, mojo roasted pork, Swiss cheese, pickles, and mustard on a hoagie roll

CLASSIC CHEESEBURGER

Smashed caramelized burger with lettuce, tomato, onion, and cheese on a brioche bun

FOUNTAIN BURGER

Smashed caramelized burger, shredded lettuce, pickled red onion, and fontina cheese with our house burger sauce on a brioche bun

SALADS option to add or substitute protein

CRISPY CHICKEN SALAD

Romain lettuce with crispy chicken, bacon, tomatoes, avocado, and hard-boiled egg

CHOPPED WEDGE SALAD **GF**

Iceberg lettuce with cherry tomatoes, red onion, bacon, and blue cheese crumbles and blue cheese dressing

CHEF'S SALAD **GF**

Romaine lettuce with ham, turkey, chicken, hard-boiled egg, cherry tomato, cucumber, avocado, and feta cheese

CAESAR SALAD

Romaine lettuce tossed in a homemade Caesar dressing topped with parmesan cheese and Italian seasoned croutons

Salad Options

Protein: Grilled/Crispy Chicken | Salmon | Shrimp | Vegan Chicken | Marinated Jackfruit

Dressings: Ranch | Thousand Island | Honey Mustard | Blue Cheese | Raspberry Vinaigrette

Other: Dinner Roll

SOUPS/STEWES

RAMEN

Ramen noodles in a vegetable ramen broth with mushrooms, green onions, cilantro shredded carrots, hard-boiled egg, and toasted sesame seeds with your choice of protein

CHEF'S HOMEMADE CHILI **GF**

SOUP DU JOUR

PERSONAL PAN PIZZA

REGULAR PIZZA

Cheese, pepperoni, vegetable, or Hawaiian

PALERMO PIZZA

Soppressata, roasted garlic, shallots, cherry tomatoes, shaved parmesan, arugula, and a balsamic vinaigrette

BUILD-YOUR-OWN SANDWICH

Protein: Smoked Turkey | Roast Beef | Roasted Pork | Bacon | Tuna Salad | Chicken Salad

Bread: White | 9-Grain | Sourdough | Raisin | Hoagie Roll | Ciabatta Roll | Garlic & Herb Wrap | Focaccia | **GF** Bread

Cheese: American | Sharp Cheddar | Swiss | Provolone | Fontina | Pepperjack

Vegetables: Iceberg/Green Leaf Lettuce | Tomato | Red Onion | Cucumber | Avocado | Dill/B&B Pickles

ENTREES choice of up to two sides

TOP SIRLOIN

A lightly seasoned 6-oz top sirloin grilled to your liking

BBQ PORK RIBS

A half-rack of ribs covered with barbecue or Carolina gold sauce

MEATLOAF

Homestyle ground beef meatloaf with a sweet tomato glaze

CHICKEN FRIED STEAK

Cube beef steak dusted with flour then fried, served with country gravy

ORANGE CHICKEN STIR FRY

Tempura battered chicken lightly tossed in an orange sauce, served with stir fried vegetables and jasmine rice or yakisoba noodles (available with grilled or vegan chicken)

CHICKEN & WAFFLES

A southern comfort food, crispy fried chicken served with a Belgium waffle, maple bourbon syrup, and fresh fruit.

BLACKENED SALMON

Filet of salmon coated with a blend of spices then pan-seared to flaky perfection

LIGHT & LEAN

Chicken breast, beef patty, garden burger, turkey burger, or grilled filet of salmon, served with lettuce, sliced tomatoes, and avocado

PASTA

ALFREDO PASTA

Fettuccine noodles tossed in Alfredo sauce, served with garlic bread and your choice of grilled chicken, vegan chicken, or shrimp

LASAGNA

Classic lasagna layered with meat sauce and cheese, served with garlic bread

BEEF STROGANOFF

A classic Russian dish featuring tender, thinly sliced beef and mushrooms in a savory, creamy, and tangy sour cream sauce, served with garlic bread




Vegetarian Options Available
Ask Your Server for Substitute

PROTEIN OPTIONS

Grilled/Crispy Chicken 

Top Sirloin Steak 

Mojo Roasted Pork 


Grilled Salmon 

Shrimp 

Vegan Chicken

Marinated Jackfruit 

SIDE OPTIONS choice of up to two sides

Vegetable of the Day 

Honey Bacon Fried Brussel Sprouts 

Smoked Artichoke Dip & Tortilla Chips 

Coleslaw 

Chili Cheese Fries

Baked Potato 

Onion Rings

Baked Sweet Potato 

Mac 'n Cheese

Mashed Potato 

Jasmine Rice 

Potato Salad 

Brown Rice 

French Fries

Garlic Bread

Sweet Potato Fries

Dinner Roll

BEVERAGES

Pepsi

Soy Milk

Diet Pepsi

Buttermilk

Starry

Hot Cocoa

Root Beer

Hot Cocoa SF

Dr. Pepper

GoodBean Coffee

Orange Crush

GoodBean Coffee Decaf

Lemonade

Hot Cider

Apple Juice

Iced Teas

Orange Juice

Unsweetened Iced Tea

Grape Juice

Raspberry Iced Tea

Pineapple Juice

Hot Teas

Cranberry Juice

Green Tea | Lipton | Earl Grey

Prune Juice

| Chamomile | Earl Grey

V8 Juice

Decaf | Orange Spice | Mint

2% Milk

Blend | English Breakfast | &

Skim Milk

More

Almond Milk

DESSERTS

Ice Creams

Cookies

Ice Creams SF

Cookies SF

Sundaes

Pudding

Mini Cones

Pudding SF

Milkshakes

Jell-O

Root Beer Floats

Jell-O SF

Banana Split

& More

Consuming raw or undercooked food may increase your risk for food-borne illness



FOUNTAIN PLAZA

ALL-DAY BREAKFAST MENU

BREAKFAST BAR

7:00 a.m. – 10:00 a.m.

Seasonal fresh fruit, blueberries, prunes, raisins, peaches, oranges, pears, cottage cheese, yogurt, applesauce, assorted muffins, breads, and donuts

PLAZA BREAKFAST GF

One or two eggs any style, served with hash browns or home fries, with your choice of meat and bread

BREAKFAST SANDWICH

One egg, sausage or bacon, and cheese on your choice of bread with a side of hash browns or home fries

EGGS BENEDICT

Two poached eggs with ham, sausage, or bacon on an English muffin topped with hollandaise sauce

AVOCADO TOAST

Smashed avocado on toast topped with a fried egg, tomato, red onion, and everything bagel seasoning topped with a balsamic glaze

OMELET OR SCRAMBLE GF *with a meat, bread, and potato option*

One or two-egg omelet or scramble stuffed with your choice of

Meat: diced ham | bacon | pork sausage | turkey bacon

Vegetable: tomato | bell pepper | mushrooms | olives | onions | avocado | spinach

Cheese: shredded cheddar and jack | sliced Swiss | sliced cheddar | sliced American

Side: salsa | sour cream | ketchup

COUNTRY BISCUITS & GRAVY

One or two buttermilk biscuits topped with homemade country sausage gravy, served with your choice of meat and potato

CHICKEN FRIED STEAK

Cube beef steak dusted with flour and deep fried, served with your choice of bread, potato, and one or two eggs any style

BUILD-YOUR-OWN BREAKFAST *with two eggs and a meat option*

French Toast: Texas toast or cinnamon raisin bread dipped in a cinnamon vanilla custard dusted with powdered sugar

Belgian Waffle: Golden Belgian waffle, whole or half portion

Buttermilk Pancakes: One or two large grilled pancakes served plain or with banana, blueberry, raisin, or walnuts

SIDE OPTIONS

Meat: ham | bacon | turkey bacon | sausage link | pork sausage patty

Bread: bagel | English muffin | biscuit | nine grain | wheat | white | sour dough | raisin | rye | small pancake | GF bread

Potato: hash browns | home fries

CEREALS

Hot Cereals: oatmeal | cream of wheat

Cold Cereals: ask your server for selections

BEVERAGES

GoodBean Coffee

GoodBean Coffee Decaf

2% Milk

Skim Milk

Buttermilk

Almond Milk

Soy Milk

Hot Teas

Green Tea | Lipton | Earl Grey |

Chamomile | Earl Grey Decaf | Orange Spice | Mint Blend | English Breakfast | & More

Iced Teas

Unsweetened Iced Tea

Raspberry Iced Tea

Apple Juice

Orange Juice

Grape Juice

Pineapple Juice

Cranberry Juice

Prune Juice

V8 Juice