

The Phyllis Siperstein Tamarisk Assisted Living Residence

A Taste Full Of Love

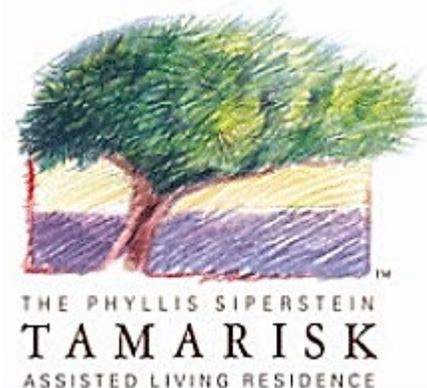
“One of the great gifts that you can give people is to cook for them.”

-Ina Garten

Our dietary team at Tamarisk starts the day by arriving at the crack of dawn. When the lights turn on in the kitchen, the action and creativity begins. While the grill is heating up, muffins are put in the oven and hot coffee is brewing. It is officially show time.

With the crack of an egg on the hot grill, you can hear the sizzle of omelets being made to order. Pancakes are being fashioned with your topping of choice and we make sure that our residents have choices beyond eggs and pancakes. From cereal, oatmeal, cream of wheat, muffins, bagels with lox or a fruit platter, we always listen to what our residents want to start their day. Our dietary team recognizes the importance of how breakfast gives our residents the fuel they need to get through the day. You can see the “get up and go” attitude our residents have right after breakfast.

Call us for a tour! (401) 732-0037



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Menus for all of our meals are varied with plenty to choose from. Executive Chef Deb Blazer creates well balanced and nutritious meals for all of our residents that are not only healthy, but flavorful and keep Tamarisk residents satisfied. Prior to a resident moving in, we are made aware of any and all food allergies they may have. The dietary team is also cognizant of residents who are diabetic, gluten sensitive, salt and fat free, as well as accommodating the needs of residents who might need food softened or pureed.



Socializing during mealtime is one of the best forms of activities a resident can enjoy. The excitement on their faces as they see their friends entering the dining room is priceless. From the halls, they can be heard chatting away about their families and what they just ate for breakfast. It is that excitement that creates a family atmosphere in our dining room.

“Ask not what you can do for your country. Ask what’s for lunch.” -Orson Welles.

Lunch is the midpoint of the day. Morning exercise class and current events have already taken place and it is now time to sit at the table and enjoy lunch. The lunch meal begins with either a cup of soup or a salad, and a special of the day. The specials may include eggplant parmesan, Mediterranean chick pea salad, roasted vegetable croissant, spinach pie, seafood salad, sole franchise, vegetable stir fry, tuna nicoise, salmon loaf and much more. If a resident is in the mood for something besides the special, Tamarisk has options galore! They can order eggs any style, sandwiches, bagels with lox and cream cheese or even build their own salad. All of their meals are served by our proficient wait staff.



"A first-rate soup is more creative than a second-rate painting." -Abraham Maslow.

With the stroke of a chefs paint brush, our soups are created. They paint a better picture with our soups than a second-rate painting can offer, as suggested in the quote above. Soup is always a wonderful start to a meal or for some, the lunch or dinner itself. Soup is always comforting and evokes wonderful sensory memories. Our chefs lovingly create soups the likes of split pea, egg drop, chicken with matzo balls, carrot ginger, corn chowder, tomato bisque, lentil and so much more that could fill a canvas worthy of an art gallery.



"Dining with one's friends and beloved family is certainly one of life's primal and most innocent delights, one that is both soul-satisfying and eternal." -Julia Child

Dinner time is a magical place to be in our dining room. The last meal of the day being spent together amongst friends. The majority of the activities are done for the day and residents have come back from doctors' appointments or visits with family members. Dinner is a time to wrap up the day. Residents have created a family like bonding experience and they are thrilled to break bread with each other during dinner.

The choices for dinner are both tasty and satisfying. From short ribs, Southern Fried chicken, brisket, chicken piccata, veal stew, open faced turkey sandwiches, prime rib and much more, Tamarisk offers a bountiful variety of options. There is always a fish of the day meal offered as well.



Our chefs make sure that no resident ever walks away from a meal hungry. They tour the dining room after mealtime asking everyone how they enjoyed the food. They listen to the compliments, but most importantly have an open mind to what needs to be tweaked. That is the beauty of building relationships between the chefs and our residents.



Some of our residents have shared recipes with the chefs that end up finding themselves on both the lunch and dinner menus. Seena D. shared her recipe of poached cod in a grilled bun served with French fries and coleslaw. “That particular recipe was always served at family gatherings. It made me feel good to share it with the chefs at Tamarisk,” Seena said.

”Baking may be regarded as a science, but it’s the chemistry between the ingredients and the cook that gives desserts life. Baking is done out of love, to share with family and friends, to see them smile.” -Anna Olson.

Our pastry chef Valarie Philmus creates delicious and mouthwatering desserts for our residents. She even creates diabetic options as well! Our residents might say they are full after a meal, but nobody can pass up one of the mouthwatering desserts that they are offered. From donuts, pies, cookies, chocolate cakes and lemon squares, these delectable offerings put a cherry on top of the day.



The meal options are endless here at Tamarisk. I encourage all of you to call for a tour, and perhaps a taste of what we have to offer!