

Week of April 30 – May 5, 2018

Soups

Soup of the Day: To Be Announced

Soup of the Week: Tomato Basil Bisque ^{GF}

Low Sodium: Chicken Noodle, Vegetable or Tomato

Appetizers

Falafel

Served on a Cracker

Chicken Liver Wrapped in Bacon ^{GF}

Crab and Almond Quesadilla

With Honey and Apple Sauce

Salads

Salad of the Week:

Greek Salad ^{GF}

Iceberg Lettuce with Cucumber, Tomato, Bell Pepper,
Red Onion, Black Olives and Feta Cheese
Tossed in an Herb Vinaigrette

Caesar Salad

Romaine Hearts, Parmesan Cheese
and Herb Croutons
Tossed in Caesar Dressing

Raw Vegetable Plate ♥ ^{GF}

Seasonal Selection
With Ranch Dipping Sauce

Garden Salad ♥ ^{GF}

Mixed Greens with
Tomatoes and Cucumber
Served with Choice of Dressing

Seasonal Fruit Plate ♥ ^{GF}

Chef Selection of Seasonal Fruit With
Low Fat Cottage Cheese

Jack Salad ^{GF}

Cucumber, Tomato, Avocado, Onion and Black Olives
Served with Choice of Dressing

Entrées

All Beef Meatloaf ^{GF}

Served with Brown Gravy or Tomato Sauce

Baked Rainbow Trout ^{GF}

Served with Lemon Caper Butter

Grilled Sirloin Steak* ^{GF}

Served with Brandy Cream Sauce

Honey and Whole Grain Mustard Glazed Chicken ^{GF}

Bone-In White or Dark Meat

Pork Schnitzel

Lightly Breaded Pork Tenderloin

Served with Dijon Mustard Sauce

Choice of Heart Healthy Tilapia, Salmon*, Steak* or Chicken (White or Dark Meat) ♥

Heart Healthy Selections Can Be Prepared
Grilled, Baked, Broiled or Sautéed

Vegetarian Options

Vege-Beef and Vegetable Lasagna

Served with Garlic Bread

Char's Vegeballs

Served over Angel Hair Pasta with Marinara Sauce

Vegan Sautéed Choplets

With Butternut Squash, Onions and Sun-Dried Tomatoes
Served over Quinoa

Vegan Chicken Stir Fry

Vege-Chicken Strips with Broccoli, Carrots,
Onion, Bean Sprouts and Teriyaki Sauce
Served over White Rice

Vegetables and Fruits

Sautéed Green Beans ♥^{GF}

Mashed Carrots ♥^{GF}

Sautéed Bean Sprouts ♥^{GF}

Sautéed Spinach ♥^{GF}

Steamed Five Way Mixed Vegetables ♥^{GF}

Homemade Apple Slices ♥^{GF}

Homemade Apple Sauce ♥^{GF}

Steamed Broccoli ♥^{GF}, Carrots ♥^{GF} or Cauliflower ♥^{GF} is Available

Steamed Vegetables Contain No Butter or Oil

Starches

Bush's® Baked Beans with Bacon

Herb Roasted Potatoes ♥^{GF}

Angel Hair Pasta with Marinara Sauce

Basmati Rice ^{GF}

Mashed Potatoes ^{GF}

Baked Potato ♥^{GF}

Baked Sweet Potato ♥^{GF}

Whole Wheat Pasta, Brown Rice ♥^{GF} and Brown Rice Pasta^{GF} is Available

Beverages

Coke, Diet Coke

Sprite, Root Beer, Pink Lemonade

Ginger Ale, Iced Tea, Orange Juice**,

Apple Juice, Cranberry Juice, Pineapple Juice**,

Prune Juice**, V-8 Juice**, Tomato Juice**

Coffee ~ Regular or Decaf

Selection of Assorted Hot Tea

** 100% Juice, No Added Sugar

Dessert

Blueberry Pie

Sour Cream Coffee Cake***

NY Style Cheesecake with Strawberry Sauce

Sugar Free Dessert

No Sugar Added Chocolate Mousse Cake

No Sugar Added Apple Cobbler

Sugar Free Jell-O

Pineapple

Regular Jell-O

Grape

Ice Cream of the Week:

Peanut Butter Cup*** GF

Gourmet Ice Cream GF

Vanilla, Chocolate, Strawberry

Moose Tracks***, Butter Pecan***, Coffee

No Sugar Added: Vanilla, Turtle Sundae***, Butter Pecan***

Sorbet GF

Lemon ~ Raspberry

Fat Free Frozen Yogurt GF

Vanilla ~ Chocolate

Seasonal Fruit Plate ♥ GF

Served with Low Fat Cottage Cheese

*****Contains Nuts**