

Week of August 6 – 11, 2018

Soups

Soup of the Day: To Be Announced

Soup of the Week: Beef and Barley

Low Sodium: Chicken Noodle, Vegetable or Tomato

Appetizers

Tomato Basil Bruschetta

Salmon Mousse

Served on Pita Bread

Orange Chicken

Salads

Salad of the Week:

Spinach Salad ^{GF}

With Mango, Candied Walnuts, Red Onion and Avocado
Tossed in Honey Lemon Vinaigrette

Caesar Salad

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

Garden Salad ♥^{GF}

Mixed Greens with
Tomatoes and Cucumber
Served with Choice of Dressing

Raw Vegetable Plate ♥^{GF}

Seasonal Selection
With Ranch Dipping Sauce

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

Baked Chili Mac and Cheese

Topped with Green Onions

Baked Flounder Fillet ^{GF}

Served with Béarnaise Sauce

Mongolian Beef

Thinly Sliced Beef Sautéed with Green Onions and Teriyaki Sauce

Chicken Cacciatore ^{GF}

Braised with Peppers, Onions, Tomatoes, Capers and Wine

Grilled Ham Steak ^{GF}

Served with Pear Glaze

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

Pecan Patties

Served with Mushroom Cream Sauce

Cashew Nut Loaf

Served with Brown Gravy

Vegan Choplets

Served with Sautéed Onions and Brown Gravy

Vegan Sesame Chicken Stir Fry

Vege-Chicken Strips with Peppers, Onions, Broccoli,
Snow Peas, Carrots and Sesame Teriyaki Sauce

Vegetables and Fruits

Orange Tarragon Glazed Carrots ♥^{GF}

Steamed Bock Choy ♥^{GF}

Sweet and Sour Red Cabbage ♥^{GF}

Steamed Asparagus ♥^{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

Au Gratin Potatoes ^{GF}

Basmati Rice ♥^{GF}

Angel Hair Pasta with Marinara Sauce

Cajun Red Beans ♥^{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

Fruit Parfait

Tiramisu

Lemon Cream Cake

Sugar Free Dessert

No Sugar Added Chocolate Cake

No Sugar Added Peach Pie

Sugar Free Jell-O

Raspberry

Regular Jell-O

Lime

Ice Cream of the Week:

Mint Chocolate Chip ^{GF}

Gourmet Ice Cream ^{GF}

Vanilla, Chocolate, Strawberry

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

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

Vegan Ice Cream: Vanilla or Salted Caramel Cluster

Sorbet ^{GF}

Lemon ~ Raspberry

Fat Free Frozen Yogurt ^{GF}

Vanilla ~ Chocolate

Seasonal Fruit Plate ♥ ^{GF}

Served with Low Fat Cottage Cheese

*****Contains Nuts**