

# Week of January 1 - 7, 2018

## Soups

**Soup of the Day: To Be Announced**

**Soup of the Week: Potato Leek with Ham <sup>GF</sup>**  
(Available without Ham)

**Low Sodium Soup: Tomato**

## Appetizers

**Loaded Potato Skin <sup>GF</sup>**

With Bacon, Cheese, Chives and Sour Cream  
(Available without Bacon)

**Chicken Taquito <sup>GF</sup>**

Served with Sour Cream and Guacamole

**Fried Green Tomato**

Served with Marinara Sauce

## Salads

**Salad of the Week: Chopped Salad <sup>GF</sup>**

Romaine Lettuce with Cucumber, Tomato, Red Onion, Carrot and  
Chopped Egg Tossed in Ranch Dressing

**Caesar Salad**

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

**Garden Salad <sup>GF</sup>**

Mixed Greens with  
Tomatoes and Cucumber  
Served with Choice of Dressing

**Raw Vegetable Plate <sup>GF</sup>**

Seasonal Selection  
With Ranch Dipping Sauce

**Seasonal Fruit Plate <sup>GF</sup>**

Chef Selection of Seasonal Fruit With  
Low Fat Cottage Cheese

**Jack Salad <sup>GF</sup>**

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

## Entrées

### **Chef's Special**

Served Thursday and Saturday

### **All Beef Meatloaf <sup>GF</sup>**

Served with Brown Gravy or Tomato Sauce

### **Seared Lemon Pepper Tilapia <sup>GF</sup>**

Served with Artichoke Hearts, Tomato and Peas

### **Grilled Iron Steak <sup>GF</sup>**

Served with Dijon Brandy Glaze

### **Chicken Piccata**

With Sun Dried Tomatoes, Capers, and Mushrooms

Served over Angel Hair Pasta

### **Shrimp Gumbo <sup>GF</sup>**

Served over White Rice

### **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

### **Tofu Loaf**

Served with Brown Gravy

### **Sautéed Choplets**

Served with Red Wine Reduction

### **Mushroom Nut Loaf**

Served with Mushroom Cream Sauce

## **Vegetables and Fruits**

Steamed Broccoli ♥<sup>GF</sup>

Creamed Spinach<sup>GF</sup>

Onion Rings

Orange Glazed Carrots ♥<sup>GF</sup>

Homemade Apple Slices ♥<sup>GF</sup>

Homemade Apple Sauce ♥<sup>GF</sup>

## **Starches**

Basmati Rice ♥<sup>GF</sup>

Macaroni and Cheese

Angel Hair Pasta with Marinara Sauce

Garlic Mashed Potatoes<sup>GF</sup>

Baked Potato ♥<sup>GF</sup>

Baked Sweet Potato ♥<sup>GF</sup>

Brown Rice is Available Upon Request

A daily selection of fresh breads will be served with every meal

## **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

### **Chefs Special**

Served on Saturday

**Deep Dish Cherry Pie**

**Chocolate Ganache Cake**

**NY Style Cheesecake with Strawberries**

### Sugar Free Dessert

**No Sugar Added Red Velvet Cake**

**No Sugar Added Apple Pie**

**Sugar Free Jell-O**

Orange Pineapple

**Regular Jell-O**

Orange

### **Ice Cream of the Week:**

Honey Roasted Peanut Butter\*\*\* GF

**Gourmet Ice Cream** GF

Vanilla, Chocolate, Strawberry

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

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

**Sorbet** GF

Lemon

**Sherbet** GF

Orange~ Raspberry

**Fat Free Frozen Yogurt** GF

Vanilla ~ Chocolate

**Seasonal Fruit Plate** ♥ GF

Served with Low Fat Cottage Cheese

\*\*\*Contains Nuts