

# *Dinner January 7 - 12, 2019*

## *Soups*

*Soup of the Day: To Be Announced*

*Soup of the Week: Butternut Squash and Apple <sup>GF</sup>*

*Low Sodium: Chicken Noodle, Vegetable or Tomato*

## *Appetizers*

*Spinach and Artichoke Dip*

*Served with Pita Bread*

*Prosciutto Wrapped Asparagus <sup>GF</sup>*

*Bourbon Chicken*

## *Salads*

*Salad of the Week:*

*Greek Salad <sup>GF</sup>*

*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 ♥ <sup>GF</sup>*

*Seasonal Selection*

*With Ranch Dipping Sauce*

*Garden Salad ♥ <sup>GF</sup>*

*Mixed Greens with*

*Tomatoes and Cucumber*

*Served with Choice of Dressing*

*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

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

*Served with Cranberry Glaze*

### *Baked Flounder Fillet <sup>GF</sup>*

*Served with Dill Cream Sauce*

### *Grilled Flank Steak\* <sup>GF</sup>*

*Served with Brandy Mustard Sauce*

### *Braised Chicken Thigh <sup>GF</sup>*

*Served with Mushroom Champagne Sauce*

### *Jambalaya Pasta*

*Penne Pasta with Chicken, Shrimp, Sausage, Peppers and Onions  
Tossed in Cajun Cream 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

### *Shar's Vegeballs*

*Served over Angel Hair Pasta with Marinara Sauce*

### *Vegan Beef Stir Fry*

*Vege-Beef Strips with Mixed Vegetables and Teriyaki Sauce*

### *Vege-Beef Burrito*

*In a Flour Tortilla with Black Beans, Rice and Cheese  
Served with Salsa and Sour Cream*

### *Vegan Sautéed Skallops*

*Served with Mushrooms, Onions and Brown Gravy*

## Vegetables and Fruits

Green Bean Casserole  
Steamed Bok Choy ♥<sup>GF</sup>  
Sautéed Brussels Sprouts ♥<sup>GF</sup>  
Sautéed Peppers ♥<sup>GF</sup>  
Steamed Five Way Mixed Vegetables ♥<sup>GF</sup>  
Homemade Apple Slices ♥<sup>GF</sup>  
Homemade Apple Sauce ♥<sup>GF</sup>

Steamed Broccoli ♥<sup>GF</sup>, Carrots ♥<sup>GF</sup> or Cauliflower ♥<sup>GF</sup> is Available

\*Steamed Vegetables Contain No Butter or Oil\*

## Starches

Roasted Potatoes ♥<sup>GF</sup>  
White Rice ♥<sup>GF</sup>  
Angel Hair Pasta with Marinara Sauce  
Cajun Red Beans ♥<sup>GF</sup>  
Mashed Potatoes<sup>GF</sup>  
Baked Potato ♥<sup>GF</sup>  
Baked Sweet Potato ♥<sup>GF</sup>

Brown Rice ♥<sup>GF</sup>, Brown Rice Pasta<sup>GF</sup> and Whole Wheat Pasta 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

*Chocolate Ganache Cake*

*Key Lime Pie*

*Pound Cake with Fresh Berries*

### Sugar Free Dessert

*NSA Cheesecake with Chocolate Sauce*

*No Sugar Added Peach Cobbler*

*Sugar Free Jell-O          Regular Jell-O*  
*Blueberry                          Mango*

*Ice Cream of the Week:*

*Mint Chocolate Chip <sup>GF</sup>*

*Gourmet Ice Cream <sup>GF</sup>*

*Vanilla, Chocolate, Strawberry,  
Butter Pecan\*\*\*, Coffee*

*No Sugar Added: Vanilla, Turtle Sundae\*\*\*, Butter Pecan\*\*\*  
Vegan Ice Cream\*\*\*: Vanilla or Salted Caramel Cluster*

*Sorbet <sup>GF</sup>*

*Lemon ~ Raspberry*

*Fat Free Frozen Yogurt <sup>GF</sup>*

*Vanilla ~ Peach*

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

*Served with Low Fat Cottage Cheese*

*\*\*\*Contains Nuts*

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*Vanilla, Chocolate, Strawberry,  
Butter Pecan\*\*\*, Coffee*

*No Sugar Added: Vanilla, Turtle Sundae\*\*\*, Butter Pecan\*\*\*  
Vegan Ice Cream\*\*\*: Vanilla or Salted Caramel Cluster*

*Sorbet <sup>GF</sup>*

*Lemon ~ Raspberry*

*Fat Free Frozen Yogurt <sup>GF</sup>*

*Vanilla ~ Peach*

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

*Served with Low Fat Cottage Cheese*

*\*\*\*Contains Nuts*