

# **Week of July 9 -14, 2018**

## **Soups**

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

**Soup of the Week: Beef and Barley**

**Low Sodium: Chicken Noodle, Vegetable or Tomato**

## **Appetizers**

**Tofu, Tomato, Basil and Olive Skewer <sup>GF</sup>  
Served with Balsamic Reduction**

**Curried Chicken Salad <sup>GF</sup>  
Served in a Grape Tomato**

**Blackened Tilapia <sup>GF</sup>  
Served with Mango Salsa**

## **Salads**

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

**Iceberg Lettuce with Bacon, Blue Cheese Crumbles and Tomato  
Topped with Blue Cheese Dressing (Available without Bacon)**

**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

**Beef Lasagna**  
**Served with Garlic Bread**

**Baked Cod Fillet <sup>GF</sup>**  
**Served over Arugula with Roasted Red Pepper Sauce**

**Calf's Liver\* <sup>GF</sup>**  
**Served with Bacon, Onions and Brown Gravy**  
**(Available without Bacon)**

**Braised Bone-In Chicken Thigh <sup>GF</sup>**  
**With Cherry Tomatoes, Olives and Garlic Wine Sauce**

**Crab Quesadilla**  
**With Peppers and Spinach**  
**Served with Pico de Gallo, Sour Cream and Guacamole**

**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 Taco Salad**  
**In a Flour Tortilla Shell with Shredded Lettuce, Cheese,**  
**Sour Cream, Pico de Gallo and Guacamole**

**Shar's Vegeballs**  
**Served over Angel Hair Pasta with Marinara Sauce**

**NY Roast**  
**Served with Sweet Tomato Gravy**

**Vegan Sesame Beef Stir Fry**  
**Vege Beef Strips with Mixed Vegetables**  
**Served over White Rice**

## Vegetables and Fruits

Steamed Asparagus ♥<sup>GF</sup>  
Orange Glazed Carrots ♥<sup>GF</sup>  
Sautéed Mushrooms and Onions ♥<sup>GF</sup>  
Sautéed Green Cabbage ♥<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

Fried Plantains <sup>GF</sup>  
Baked Beans with Bacon <sup>GF</sup>  
Angel Hair Pasta with Marinara Sauce  
Cajun Rice ♥<sup>GF</sup>  
Mashed Potatoes <sup>GF</sup>  
Baked Potato ♥<sup>GF</sup>  
Baked Sweet Potato ♥<sup>GF</sup>

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

Vanilla Pudding

Coconut Custard Pie

Iced Cinnamon Roll

## Sugar Free Dessert

No Sugar Added Chocolate Cake

No Sugar Added Peach Pie

Sugar Free Jell-O  
Watermelon

Regular Jell-O  
Berry Blue

Ice Cream of the Week:

Peach <sup>GF</sup>

Gourmet Ice Cream <sup>GF</sup>

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 <sup>GF</sup>

Lemon ~ Raspberry

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

Vanilla ~ Chocolate

Seasonal Fruit Plate ♥ <sup>GF</sup>

Served with Low Fat Cottage Cheese

\*\*\*Contains Nuts