

# **Week of June 4 – 9, 2018**

## **Soups**

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

**Soup of the Week: Cream of Asparagus**

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

## **Appetizers**

### **Shrimp Salad**

Served in a Phyllo Cup

### **Bruschetta**

Tomato, Basil and Feta Cheese

Served on a Crostini

### **Jalapeno Popper**

With Sausage and Pepper Jack Cheese

## **Salads**

### **Salad of the Week:**

#### **Chef's Salad**

Mixed Greens with Turkey, Ham, Shredded Cheese,  
Hard Boiled Egg, Cucumber and Tomato. Served with Choice of Dressing

#### **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

### **Chicken Parmesan**

Breaded Chicken Breast over Linguini  
With Provolone Cheese, Marinara Sauce and Garlic Bread

### **Potato Crusted Cod Fillet** <sup>GF</sup>

Served with Basil Butter

### **Mongolian Beef**

Thinly Sliced Flank Steak Sautéed with  
Green Onions and Oyster Sauce

### **Grilled BBQ Chicken and Shrimp** <sup>GF</sup>

Served with Creamy Risotto

### **Sliced Pork Tenderloin** <sup>GF</sup>

Served with Bourbon 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

### **NY Roast**

Served with Sweet Tomato Gravy

### **Vegan Beef and Vegetables**

Vege-Beef Strips Sautéed with Mixed Vegetables  
Served in a Roasted Acorn Squash

### **Vegan Grilled Tofu Steak**

With BBQ Sauce

## Vegetables and Fruits

Brussels Sprouts Au Gratin  
Sweet and Sour Red Cabbage ♥<sup>GF</sup>  
Mashed Carrots ♥<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

Red Beans and Rice ♥<sup>GF</sup>  
Angel Hair Pasta with Marinara Sauce  
Wild 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

**Ice Cream Sandwich**

**Pineapple Upside Down Cake**

**Chocolate Éclair**

### Sugar Free Dessert

**No Sugar Added Chocolate Cake**

**No Sugar Added Peach Crisp**

**Sugar Free Jell-O**

Tangerine

**Regular Jell-O**

Cherry

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

Caramel River <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**