

Dinner March 11 - 16

Soups

Soup of the Day: To Be Announced

Soup of the Week: Chicken and Shrimp Gumbo ^{GF}

Low Sodium: Chicken Noodle, Vegetable or Tomato

Appetizers

Loaded Potato Skin ^{GF}

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

Apple and Brie Cheese ^{GF}

With Chopped Walnuts

Tuna Melt

In a Phyllo Cup with American Cheese

Salads

Salad of the Week:

Amalfi Salad ^{GF}

Tomato, Red Onion, Olives and Mozzarella
Over Mixed Greens with Balsamic Dressing

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

All Beef Meatloaf ^{GF}

Served with Tomato Sauce or Brown Gravy

Grilled Corvina Fillet ^{GF}

Served with Dill and Vermouth Sauce

Grilled NY Strip Steak* ^{GF}

Served with A.1. Sauce

Baked Chicken Breast ^{GF}

Stuffed with Spinach and Cheese

Served with Alfredo Sauce

Crab Stuffed Shrimp ^{GF}

Served with Bearnaise 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

Vege-Beef Stroganoff

Vege-Beef Strips with Mushrooms, Onions and Sour Cream Sauce
Served over Egg Noodles

Vegan Sautéed Skallops

Served with Pearl Onions, Mushrooms and Brown Gravy

Pecan Patties

Served with Mushroom Cream Sauce

Mushroom Nut Roast

Served with Mushroom Cream Sauce

Vegetables and Fruits

Steamed Asparagus ♥^{GF}
Brussels Sprouts Au Gratin ^{GF}
Orange Glazed Carrots ♥^{GF}
Steamed Green Cabbage ♥^{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

Basmati Rice ♥^{GF}
Butternut Squash ♥^{GF}
Angel Hair Pasta with Marinara Sauce
Mashed Potatoes ^{GF}
Baked Potato ♥^{GF}
Baked Sweet Potato ♥^{GF}

Brown Rice ♥^{GF}, Brown Rice Pasta ^{GF} 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

Ice Cream Sandwich

Apple Custard Cake

Sweet Potato Pie

Sugar Free Dessert

No Sugar Added Red Velvet Cake

No Sugar Added Cheesecake with Berries

Sugar Free Jell-O

Blueberry

Regular Jell-O

Cherry Lemonade

Ice Cream of the Week:

Praline Pecan*** GF

Gourmet Ice Cream GF

Vanilla, Chocolate, Strawberry,

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 ~ Peach

Seasonal Fruit Plate ♥ GF

Served with Low Fat Cottage Cheese

*****Contains Nuts**