

Week of March 18 – 23, 2019

Soups

Soup of the Day: To Be Announced

Soup of the Week: Spring Minestrone

Low Sodium: Chicken Noodle, Vegetable or Tomato

Appetizers

Salmon Croquette

Served with Tartar Sauce

Sesame Chicken

With Hoisin Sauce

Falafel ^{GF}

Served with Tzatziki Sauce

Salads

Salad of the Week:

Greek Salad ^{GF}

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

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

Chicken Pot Pie

Chicken Thigh with Mushrooms, Peas, Carrots and Celery
Topped with Puff Pastry

Lemon Pepper and Parmesan Crusted Tilapia ^{GF}

Served with Sun Dried Tomato Pesto

Mongolian Beef

Thinly Sliced Beef
Tossed with Fried Green Onions and Soy Teriyaki Sauce

Hoisin Glazed Bone-In Chicken Thigh

Served over Bok Choy

Almond Battered Fried Shrimp ^{GF}

Served with Horseradish Orange Marmalade

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-Chicken Risotto

Vege-Chicken Strips with Mushrooms, Peas,
Carrots and Feta Cheese

Vegan Chicken and Beef Fajitas

Vege-Chicken and Vege-Beef Strips Served with Grilled Peppers and Onions,
Pico de Gallo and Corn Tortillas

NY Roast

Served with Sweet Tomato Gravy

Vegan Meatballs

Served over Brown Rice Pasta with Marinara Sauce

Vegetables and Fruits

Sautéed Yellow Squash and Zucchini ♥^{GF}

Steamed Carrots ♥^{GF}

Sautéed Green Beans ♥^{GF}

Sweet and Sour Red 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

Rice Pilaf ♥

Baked Beans ^{GF}

Linguini with Marinara Sauce

Corn ♥^{GF}

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

Red Velvet Cake

Warm Cherry Pie

Apple Crumb Cake

Sugar Free Dessert

No Sugar Added Black and White Cake

No Sugar Added Peach Cobbler a la Mode

Sugar Free Jell-O

Orange Pineapple

Regular Jell-O

Lemon

Ice Cream of the Week:

Mint Moose Tracks ^{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**