

Dinner November 5 – 10, 2018

Soups

Soup of the Day: To Be Announced

Soup of the Week: Tomato Basil Bisque ^{GF}

Low Sodium: Chicken Noodle, Vegetable or Tomato

Appetizers

Smoked Salmon Wrapped Asparagus ^{GF}

Roast Beef Crostini

Served with Horseradish Cream Sauce

Fried Pickle

Served with Ranch Dressing

Salads

Salad of the Week:

Chopped Salad ^{GF}

Romaine Lettuce with Cucumber, Tomato, Red Onion, Black Olives, Celery and Blue Cheese Crumbles. Served with Choice of Dressing

Caesar Salad

Romaine Hearts, Parmesan Cheese
and Herb Croutons

Tossed in Caesar Dressing

Raw Vegetable Plate ^{GF}

Seasonal Selection

With Ranch Dipping Sauce

Garden Salad ^{GF}

Mixed Greens with

Tomatoes and Cucumber

Served with Choice of Dressing

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

Tuna Casserole

With Egg Noodles, Peas, Carrots and Mushroom Cream Sauce

Sautéed Trout Almandine ^{GF}

Served with Lemon Caper Butter

Grilled Sliced Sirloin Steak ^{GF}

Served with Chimichurri Sauce

Apple Cider Braised Chicken ^{GF}

Bone-In White or Dark Meat

Served over Sautéed Kale

Autumn Salad ^{GF}

With Blackened Salmon or Grilled Chicken Breast

Mixed Greens with Roasted Squash, Pumpkin Seeds, Dried Cranberries,

Diced Apple and Goat Cheese

Served with Raspberry Vinaigrette

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

Tofu Parmesan

Breaded Tofu served over Angel Hair Pasta
with Marinara Sauce and Provolone Cheese

Vegan Stuffed Acorn Squash

With Quinoa, Pecans, Dried Cranberries and Onion

Cashew Nut Loaf

Served with Brown Gravy

Vegan Beef Kabob

With Peppers, Onion, Mushroom and Pineapple

Served with Marinara Sauce

Vegetables and Fruits

Poached Pears ♥^{GF}

Cauliflower "Rice" ♥^{GF}

Sautéed Kale ♥^{GF}

Green Bean Casserole

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

Green Peas ♥^{GF}

Fried Potato Wedges

Angel Hair Pasta with Marinara Sauce

Lentils ♥^{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

Apple Streusel Coffee Cake***

Tiramisu

Sweet Potato Pie

Sugar Free Dessert

No Sugar Added Chocolate Mousse Cake

No Sugar Added Cherry Pie

Sugar Free Jell-O

Peach

Regular Jell-O

Raspberry

Ice Cream of the Week:

Salty Caramel Truffle ^{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**