

Dinner October 8 – 13, 2018

Soups

Soup of the Day: To Be Announced

Soup of the Week: Acorn Squash with Vegetables ^{GF}

Low Sodium: Chicken Noodle, Vegetable or Tomato

Appetizers

Mini Cheese Ball

Served on a Cracker

Beef and Cheese Burrito

Served with Salsa

Pulled Pork Quesadilla

Served with Sour Cream

Salads

Salad of the Week:

Chef's Salad ^{GF}

Iceberg Lettuce with Ham, Turkey, Hard Boiled Egg,

Shredded Cheese, Cucumbers and Tomatoes

Served with Choice of 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

Sautéed Calf's Liver ^{GF}

With Onions, Bacon and Brown Gravy
(Available without Bacon)

Spinach and Parmesan Stuffed Trout ^{GF}

Served with White Wine Cream Sauce

Grilled Hawaiian Steak

Served with Pineapple

Chicken and Cheese Enchilada Casserole ^{GF}

Corn Tortillas with Shredded Chicken, Cheese,
Onions and Enchilada Sauce

Grilled Boneless Pork Chop ^{GF}

Served with Apple 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

Vegetable Lasagna

Served with Garlic Bread

Spinach and Feta Cheese Quiche

Mushroom Nut Loaf

Served with Mushroom Cream Sauce

Vegan Meatloaf

Served with Tomato Sauce

Vegetables and Fruits

Creamed Spinach ^{GF}
Steamed Asparagus ♥^{GF}
Mashed Carrots ♥^{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

Au Gratin Potatoes ^{GF}
Mexican Rice ♥^{GF}
Angel Hair Pasta 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

Chocolate Cake

Caramel Apple Cake

Deep Dish Blueberry Pie

Sugar Free Dessert

No Sugar Added Chocolate Cake

No Sugar Added Apple Cobbler

Sugar Free Jell-O

Pineapple

Regular Jell-O

Strawberry

Ice Cream of the Week:

Honey Roasted Peanut Butter ^{GF}

Gourmet Ice Cream ^{GF}

Vanilla, Chocolate, Strawberry,
Butter Pecan***, Coffee

No Sugar Added Ice Cream

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**