

# Dinner September 2 – 7, 2019

## Soups

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

**Soup of the Week: Cream of Mushroom**

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

## Appetizers

**Deviled Egg**<sup>GF</sup>

Served over Microgreens

**Smoked Salmon Pinwheel**

With Crème Fraiche

**Potato and Corned Beef Cake**<sup>GF</sup>

Served with Sour Cream and Chives

## Salads

**Salad of the Week:**

**Spinach Salad**<sup>GF</sup>

With Mushrooms, Tomato and Chopped Eggs

Tossed in Italian 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

### **Shepherd's Pie** <sup>GF</sup>

Ground Beef with Peas and Carrots  
Topped with Mashed Potatoes

### **Orange and Sesame Glazed Salmon Fillet\*** <sup>GF</sup>

### **Steak Fajita Bowl** <sup>GF</sup>

Thinly Sliced Steak with Black Beans, Rice, Shredded Cheese, Guacamole,  
Sour Cream and Pico de Gallo

### **Pecan Crusted Chicken** <sup>GF</sup>

Served with Creamy Pesto Sauce

### **Miso Curry Shrimp** <sup>GF</sup>

### **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

### **Pecan Patties**

Served with Mushroom Cream Sauce

### **Vegan Grilled Tofu** <sup>GF</sup>

Over Curried Lentils with Kale, Mushrooms and Tomato

### **NY Roast**

Served with Sweet Tomato Gravy

### **Vegan BBQ Beef Sandwich**

Vege-Beef Strips with Sautéed Onions and BBQ Sauce  
On a Potato Roll with Vinegar Coleslaw

## Vegetables and Fruits

Baby Bok Choy ♥<sup>GF</sup>

Ratatouille ♥<sup>GF</sup>

Sautéed Green Beans with Shallots ♥<sup>GF</sup>

Brussels Sprouts Au Gratin

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

Basmati Rice ♥<sup>GF</sup>

Black Beans ♥<sup>GF</sup>

Angel Hair Pasta with Marinara Sauce

Corn ♥<sup>GF</sup>

Mashed Potatoes <sup>GF</sup>

Baked Potato ♥<sup>GF</sup>

Baked Sweet Potato ♥<sup>GF</sup>

Brown Rice ♥<sup>GF</sup>, Brown Rice Pasta <sup>GF</sup> 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

**Hector's Strawberry Shortcake**

**Chocolate Mousse Cake**

**Raspberry Linzer Torte**

### Sugar Free Dessert

**Sugar Free Cheesecake**

**NSA Cherries Jubilee a la Mode**

**Sugar Free Jell-O**

Tangerine

**Regular Jell-O**

Strawberry

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

Ice Cream Sandwich

### **Gourmet Ice Cream**<sup>GF</sup>

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

### **NSA Ice Cream:**

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 ~ Peach

### **Seasonal Fruit Plate** ♥<sup>GF</sup>

Served with Low Fat Cottage Cheese

\*\*\*Contains Nuts