

Dinner September 9 – 14, 2019

Soups

Soup of the Day: To Be Announced

Soup of the Week: 7 Bean Soup ^{GF}

Low Sodium: Chicken Noodle, Vegetable or Tomato

Appetizers

Vegetarian Apple Sausage

Served with Pepper Jack Cheese

Baked Butternut Squash ^{GF}

With Walnuts and Caramelized Onion

Smoked Salmon Canape

With Cream Cheese and Capers

Salads

Salad of the Week:

Autumn Salad ^{GF}

Mixed Greens with Butternut Squash, Apple,
Onion, Brussels Sprouts, Celery and Feta Cheese
Tossed in Lemon Vinaigrette

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

Blackened Turkey Breast Cutlet ^{GF}

Served with Gravy

Pesto Crusted Cod Fillet ^{GF}

Served with Bearnaise Sauce

Grilled Cajun Ribeye ^{GF}

Served with Horseradish Cream Sauce

Stuffed Chicken Breast ^{GF}

With Artichoke, Spinach and Goat Cheese

Served with Champagne Sauce

Grilled Shrimp Salad ^{GF}

Mixed Greens with Mango, Strawberries,
Walnuts and Cranberries

Tossed in 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

Grilled Tofu and Apple Sage Sausage

Served over Lentils

Vegan Bean Stew ^{GF}

In a Roasted Acorn Squash with Vegan Cheese and Green Onion

Mushroom Nut Roast

Served with Mushroom Cream Sauce

Vegan Chicken and Vegetable Stir Fry

Served over Fonio

Vegetables and Fruits

Steamed Asparagus ♥^{GF}
Sweet and Sour Red Cabbage ♥^{GF}
Grilled Zucchini ♥^{GF}
Creamed Spinach ^{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

Spanish Rice ♥^{GF}
Fonio ♥^{GF}
Angel Hair Pasta with Marinara Sauce
Green Peas ♥^{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

Key Lime Pie

Raspberry Lemon Cake

Chocolate Fudge Cake

Sugar Free Dessert

Sugar Free Red Velvet Cake

No Sugar Added Peach Crisp

Sugar Free Jell-O

Pineapple

Regular Jell-O

Cherry

Ice Cream of the Week:

Road Runner Raspberry ^{GF}

Gourmet Ice Cream ^{GF}

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

NSA 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**