

*Week of February 12 - 17, 2018*

*Soups*

*Soup of the Day: To Be Announced*

*Soup of the Week: Italian Sausage and Potato <sup>GF</sup>*

*Low Sodium Soup: Vegetable*

*Appetizers*

*Salmon Croquette*

*Served with Tartar Sauce*

*Pig in a Blanket*

*All Beef Hot Dog Wrapped in Puff Pastry*

*Served with Mustard*

*Vegetable Quesadilla*

*Served with Sour Cream and Guacamole*

*Salads*

*Salad of the Week:*

*Greek Salad <sup>GF</sup>*

*Iceberg Lettuce with Cucumber, Bell Pepper, Red Onion, Tomato, 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 ♥ <sup>GF</sup>*

*Mixed Greens with  
Tomatoes and Cucumber  
Served with Choice of Dressing*

*Raw Vegetable Plate ♥ <sup>GF</sup>*

*Seasonal Selection  
With Ranch Dipping Sauce*

*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

### *Chef's Special*

*Served Thursday and Saturday*

### *Chicken Parmesan*

*Lightly Breaded Chicken Thigh with Marinara Sauce,  
Parmesan and Mozzarella Cheese  
Served over Spaghetti*

### *Lemon Pepper Crusted Tilapia Fillet <sup>GF</sup>*

*Served with Citrus Sauce*

### *Grilled Fajita Steak\* <sup>GF</sup>*

*Served with an Herb Sauce*

### *Roasted Rosemary Lemon Chicken <sup>GF</sup>*

*Served with Lemon Wine Sauce*

### *Calf's Liver <sup>GF</sup>*

*Served with Bacon, Onions and Red Wine Sauce  
(Available without Bacon)*

*Heart Healthy Tilapia, Salmon\*, Steak\* and Chicken  
(Both white and dark meat)*

*Heart Healthy Selections Can Be Prepared  
Grilled, Baked, Broiled or Sautéed*

## Vegetarian Options

### *Vege-Beef Lasagna*

*Served with Garlic Bread*

### *Pecan Patties*

*Served with Mushrooms, Onions and Mushroom Cream Sauce*

### *Char's Vegeballs*

*Served over Angel Hair Pasta with Marinara Sauce*

## Vegetables and Fruits

Collard Greens ♥<sup>GF</sup>  
Sweet and Sour Red Cabbage ♥<sup>GF</sup>  
Steamed Cauliflower with Cheese <sup>GF</sup>  
Steamed Asparagus ♥<sup>GF</sup>  
Homemade Apple Slices ♥<sup>GF</sup>  
Homemade Apple Sauce ♥<sup>GF</sup>

## Starches

Spanish Rice ♥<sup>GF</sup>  
Tri Color Fingerling Potatoes ♥<sup>GF</sup>  
Angel Hair Pasta with Marinara Sauce  
Pinto Beans ♥<sup>GF</sup>  
Mashed Potatoes <sup>GF</sup>  
Baked Potato ♥<sup>GF</sup>  
Baked Sweet Potato ♥<sup>GF</sup>

Whole Wheat Pasta, Brown Rice or  
Brown Rice Pasta is Available Upon Request

*A daily selection of fresh baked breads will be served with every meal*

## 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

### *Chefs Special*

*Served on Saturday*

*Raspberry Mousse Cake*

*Chocolate Cherry Cheesecake*

*Boston Cream Pie*

### Sugar Free Dessert

*No Sugar Added Chocolate Cake*

*No Sugar Added Peach Crisp*

*Sugar Free Jell-O*

*Regular Jell-O*

*Tangerine*

*Cherry*

### *Ice Cream of the Week:*

*Peach <sup>GF</sup>*

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

*Vanilla, Chocolate, Strawberry*

*Moose Tracks\*\*\*, Butter Pecan\*\*\*, Coffee*

*No Sugar Added: Vanilla, Turtle Sundae\*\*\*, Butter Pecan\*\*\**

### *Sorbet <sup>GF</sup>*

*Lemon ~ Raspberry*

### *Sherbet <sup>GF</sup>*

*Orange*

### *Fat Free Frozen Yogurt <sup>GF</sup>*

*Vanilla ~ Chocolate*

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

*Served with Low Fat Cottage Cheese*

*\*\*\*Contains Nuts*