

Dinner February 11 – 16, 2019

Soups

Soup of the Day: To Be Announced

Soup of the Week: Potato Leek ^{GF}

Low Sodium: Chicken Noodle, Vegetable or Tomato

Appetizers

Crab Ball

Served with Tartar Sauce

Fried Macaroni and Cheese

Beef and Cheese Burrito

Served with Salsa

Salads

Salad of the Week:

Asian Apple Slaw ^{GF}

Apples, Cabbage, Radicchio, Carrots and Raisins

Tossed in a Honey 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

Sautéed Calf's Liver ^{GF}

Served with Bacon, Onions and Brown Gravy
(Available without Bacon)

Blackened Salmon Fillet ^{GF}

Over Mixed Greens with Apple, Walnuts and Almonds
Tossed in Honey Cilantro Vinaigrette

Beef Stir Fry

With Carrots, Broccoli, Peppers, Baby Corn and Bean Sprouts

Roasted Chicken Thigh ^{GF}

Served with Whole Grain Mustard Sauce

Sautéed Shrimp ^{GF}

Served with Sweet Curry 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

NY Roast

Served with Sweet Tomato Gravy

Vegan BBQ Chicken

Vege-Chicken Strips Tossed with Onions and BBQ Sauce

Special K Roast

Served with Brown Gravy

Vegan Stir Fried Skallops

Served with Brown Gravy

Vegetables and Fruits

Steamed Asparagus ♥^{GF}

Glazed Carrots ♥^{GF}

Wax Beans with Garlic Butter ^{GF}

Sautéed Brussels Sprouts ♥^{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

Jasmine Rice ♥^{GF}

Wheat Berries ♥

Angel Hair Pasta with Marinara Sauce

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 Ganache Cake

Red Velvet Cake

Pumpkin Pie

Sugar Free Dessert

No Sugar Added Double Chocolate Cake

No Sugar Added Mixed Berry Pie

Sugar Free Jell-O

Lemon

Regular Jell-O

Raspberry

Ice Cream of the Week:

Dark Chocolate Raspberry 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