

Dinner Menu
October 26th - October 31st

Soups

Soup of the Day: To Be Announced

Soup of the Week: Vegetable Barley

Low Sodium: Chicken Noodle, Vegetable or Tomato

Appetizers

Beef and Bean Nacho ^{GF}

With Cheese and Sour Cream

Fried Calamari

Served with Boom Boom Sauce

Guacamole Toast

Salads

Salad of the Week:

Greek Salad ^{GF}

Iceberg Lettuce with Cucumber, Tomato, Bell Pepper

Red Onion, Black Olives and Feta Cheese

Served with an Herb Vinaigrette

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*

Jack Salad ^{GF}

*Cucumber, Tomato, Avocado, Onion and Black Olives
Served with Choice of Dressing*

Entrées

Pot Roast ^{GF}

With Celery, Pearl Onions and Carrots

Blackened Tilapia Fillet ♣^{GF}

Served with Papaya Salsa

BBQ Beef Brisket Sandwich

On a Brioche Bun with Coleslaw

(Gluten Free Bun Available Upon Request ^{GF})

Chicken Pot Pie

With Peas, Carrots, Celery and Onion

Topped with Puff Pastry

Pork Carnitas

Served with Cilantro Pico de Gallo and Flour Tortillas

(Available with Corn Tortillas Upon Request ^{GF})

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

Eggplant and Skallop Curry ♣

Served over White Rice

Vegan Orange Chicken

Fried Vege-Chicken with Green Onions and Orange Sauce

Mushroom Nut Roast

Served with Mushroom Cream Sauce

Vegan Beef Stir Fry

Vege- Beef Strips with Mixed Vegetables and Teriyaki Sauce

Vegetables and Fruits

Collard Greens ♥^{GF}

Steamed Asparagus ♥^{GF}

Herb Roasted Tomato ♥♣^{GF}

Sautéed Eggplant ♥^{GF}

Steamed Five Way Mixed Vegetables ♥^{GF}

Homemade Apple Slices ♥♣^{GF}

Homemade Apple Sauce ♥♣^{GF}

Steamed Broccoli, Carrots, Cauliflower or Succotash is Available ♥^{GF}

Steamed Vegetables Contain No Butter or Oil

Starches

Fried Okra

Potato Cakes^{GF}

Macaroni and Cheese

White Rice ♥^{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

Tiramisu

Cherry Cobbler ♣

Apple Pie ♣

Sugar Free Dessert

Sugar Free Cheesecake w/ Raspberry Sauce

No Sugar Added Blueberry Pie ♣

Sugar Free Jell-O ♣ Regular Jell-O ♣

Pineapple

Lime

Ice Cream of the Week:

Chocolate Extreme ^{GF}

Gourmet Ice Cream ^{GF}

Vanilla, Chocolate, Strawberry,

*Butter Pecan***, Coffee*

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

Sorbet ♣^{GF}

Lemon ~ Raspberry

Fat Free Frozen Yogurt ^{GF}

Vanilla ~ Peach

Seasonal Fruit Plate ♥♣ ^{GF}

Served with Low Fat Cottage Cheese

****Contains Nuts*