

Dinner Menu
October 19th - October 24th

Soups

Soup of the Day: To Be Announced

Soup of the Week: Roasted Pumpkin and Apple ^{GF}

Low Sodium: Chicken Noodle, Vegetable or Tomato

Appetizers

BBQ Meatball ^{GF}

Served over Fried Mashed Potatoes

Turkey and Cranberry Pinwheel

Baked Brie

In a Phyllo Cup with Pear

Salads

Salad of the Week:

Pomegranite and Apple Salad ^{GF}

Over Mixed Greens with Candied Walnuts

Served with Raspberry 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

Roasted Leg of Lamb ^{GF}

Served with Rosemary Sauce

Stuffed Flounder Fillet ♣^{GF}

With Spinach and Roasted Red Pepper

Served with Beurre Blanc

Grilled Sliced Bistro Filet ^{GF}

Served with Red Wine Sauce

Grilled Marinated Chicken Breast ^{GF}

Served with Cilantro Herb Relish



Grilled Bratwurst and Knockwurst ^{GF}

Served over Sauerkraut with Mustard 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

Eggplant Parmesan ♣^{GF}

Served with Garlic Bread

Vegan BBQ Chicken Breast

Served over Quinoa

NY Roast

Served with Sweet Tomato Gravy

Vegan Brown Rice Pasta and Vege-Meat Sauce

Served with Garlic Bread

Vegetables and Fruits

Yellow Squash with Tomato and Onion ♥^{GF}

Golden Beets ♥^{GF}

Sautéed Green Beans ♥^{GF}

Fried Cabbage

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

Buttered Green Peas^{GF}

Cilantro White Rice ♥^{GF}

Angel Hair Pasta with Marinara Sauce

Sweet Potato Casserole^{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

Pumpkin Loaf

*Pecan Pie****

Golden Fudge Cake

Sugar Free Dessert

Sugar Free Chocolate Cake

No Sugar Added Cherries Jubilee ♣

Sugar Free Jell-O ♣ Regular Jell-O ♣

Peach

Orange

Ice Cream of the Week:

Moose Tracks ^{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*