

# Dinner Menu

November 7th – November 12th

## Home Made Soups

**Soup of the Day:** To Be Announced Daily

**Soup of the Week:** Fall Vegetable Medley GF

**Low Sodium:** Chicken Noodle, Vegetable GF , or Tomato GF 

## Appetizers

- ❖ Spicy Fried Cauliflower Served with Ranch
- ❖ Caramelized Roasted Butternut Squash with Walnuts & Dates \*\*\* GF
- ❖ Blackened Shrimp Avocado & Cucumber Bite GF

## Salads

**Salad of the Week:** GF

**Harvest Salad** – Mixed Field Greens with Roasted Pumpkin Seeds, Goat Cheese, Cranberries & Grilled Peaches. Choice of Dressing ( without Goat Cheese)

**Caesar Salad**

Crisp Romaine Hearts - Tossed with Parmesan Cheese and Herb Croutons. Served with Caesar Dressing.

**Raw Vegetable Plate** ♥ GF 

Seasonal Selection of Fresh Veggies

**Garden Salad** ♥ GF 

Mixed Field Greens, Tomatoes, and Cucumbers. Choice of Dressing

**Seasonal Fruit Plate** ♥ GF 

Chef's Selection of Seasonal Fruit - Served with Low Fat Cottage Cheese Upon Request (Cottage Cheese is not Vegan)

**Jack Salad** ♥ GF 

Cucumber, Tomato, Avocado, Onion, Green & Black Olives. Choice of Dressing

Choice of Dressings (GF): Ranch, Blue Cheese, Thousand Island, French, Honey Mustard, Spicy Ranch

Vegan Dressings (GF ): Balsamic Vinaigrette (low-fat), Sesame Ginger, Raspberry Vinaigrette (Low-Fat), Italian, Olive Oil & Red Wine Vinegar

# Entrées

## Herb Roasted Bone-In Chicken Thigh GF

With Cranberries, Pearl Onions & Cremini Mushrooms

## Beef Stroganoff

Tenderloin Tips with Onions & Mushrooms in a Cream Sauce  
Over Egg Noodles

## Crusted Cod Fillet GF upon request

Served with Potatoes, Chives, and Cheddar.

Finished with Roasted Red Pepper Sauce

## Sauteed Bay Scallops

Served with Creamy Risotto and Asparagus Tips

## Breakfast Sampler

Three Pancake Stacks with **Blueberries** or **Apple Walnuts\*\*\***, Sausage &  
Two Eggs Any Style

## Heart Healthy GF

Choice of Tilapia\*, Salmon\*, Steak\*, or Chicken\* (White or Dark Meat)

Can be Prepared either **Grilled, Baked, Broiled, Blackened** or **Sautéed**

# Vegetarian

## N.Y. Roast

Served with Sweet Tomato Sauce

## Barley Risotto with Sausage

With Peas, Carrots, and Spinach

## Vegan Roasted Chicken



With Cauliflower, Cranberries, Mushrooms, Scallions & Brown Rice

## Vegan Moroccan Chickpea Stew



Regular and Vegetarian Hamburgers, Hot Dogs  
and Sandwiches are Available Upon Request

\*This item may be served undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

\*\*\*This Item Contains Nuts

GF - This Item is Gluten Free



This Item is Vegan

## Vegetables and Fruits

Asparagus ♥ GF  
Sauteed Yellow Squash GF  
Golden Beets ♥ GF  
Cranberry Glazed Carrots ♥GF  
Steamed Five Way Mixed Veggies ♥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

Jasmine Rice GF  
Roasted Acorn Squash GF  
Whipped Sweet Potatoes GF  
Angel Hair Pasta with Marinara Sauce  
Mashed Potatoes GF (not vegan)  
Baked Potato ♥GF  
Baked Sweet Potato ♥GF  
Brown Rice ♥ GF  
Brown Rice Pasta GF  
Whole Wheat Pasta

## 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

# DESSERTS

- ❖ Pumpkin Pie
- ❖ Apple Crumb Cake
- ❖ Chocolate Ganache Cake
- ❖ Orange Jell-O

## Sugar-Free

- ❖ Vanilla Apple Cake
- ❖ Blueberry Pie
- ❖ Cherry Jell-O

## Gourmet Ice Cream (GF)

Vanilla – Chocolate – Cappuccino Crunch  
Butter Pecan\*\*\* – Coffee – Strawberry  
Raspberry Sorbet – Orange Sherbet

**The Flavor of the Week:** Deep Dish Apple

## No Sugar Added

Vanilla – Turtle Sundae\*\*\* – Butter Pecan\*\*\*  
Fat-Free Vanilla Frozen Yogurt

**We Have Regular & Gluten-Free Cups, Waffle  
or Sugar Cones Available**

Seasonal Fruit Plate ♥<sup>GF</sup> 

Served with Low Fat Cottage Cheese Upon Request  
(Cottage Cheese is not Vegan)

\*\*\*Contains Nuts