Dinner Menu

June 17th-June 22nd

Vegan/Vegetarian Menu Available Upon Request

Soup of the Day: Announced Daily

Soup of the Week: Summer Squash GF

Low Sodium: Chicken Noodle, Vegetable GF or Tomato GF

<u>Appetizers</u>

- Tomato Bruschetta, ~ Served on a Crostini with Basil
- ❖ Beef & Cheese Nachos ~ Served with Sour Cream & Guacamole GF
 - ❖ Cajun Shrimp ~ Served over Grits GF

Salad of the Week: Italian Salad GF

Mixed Greens with Pepperoncini, Tomatoes, Olives & Red Onions. Tossed in Herb Vinaigrette

Caesar Salad

Crisp Romaine Hearts Tossed with Parmesan Cheese, Herb Croutons & Caesar Dressing

Raw Vegetable Plate • GF



Seasonal Selection of Fresh Veggies Served with Ranch Dipping (Not Vegan)

Garden Salad VGF



Mixed Field Greens with Tomato & Cucumbers ~ Choice of Dressing

Jack Salad V GF



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

Seasonal Fruit Plate ♥ GF



Selection of Seasonal Fruit. Served with Low Fat Cottage Cheese (Upon Request)

Choice of Dressings GF - Ranch, Blue Cheese, Thousand Island, Honey Mustard & Spicy Ranch

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

Entrées

Grilled Jamaican Jerk Tuna GF

Served with Pineapple Salsa

Grilled Flank Steak* GF

Marinated in Pineapple & Soy Sauce

Blackened Chicken Penne Pasta GF Upon Request

Served with Mushrooms, Broccoli & Red Pepper Sauce

Sauteed Shrimp

Sauteed with Potato Gnocchi & Garlic Butter

Pancake Breakfast

Served with 2 Eggs Any Style, Sausage & Tater Tot Potatoes

Heart Healthy • GF

Choice of Tilapia*, Salmon*, Steak*, or Chicken* (White or Dark Meat) Can be Prepared: Grilled, Baked, Broiled, Blackened or Sautéed

Vegetarian

N.Y. Roast

Served with Sweet Tomato Sauce

Spaghetti & Vege-Meat Sauce

Served with Garlic Bread

Vegan Chicken Enchilada 🕜



Served with Vegan Cheese & Enchilada Sauce

Zucchini Spaghetti***

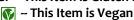
Served with Fresh Mozzarella Cheese, Basil, Tomato, Spinach & Cashews. Sauteed in Olive Oil

Regular & Vegetarian Hamburgers, Hot Dogs & 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



Vegetables & Fruits

Asparagus ♥GF

Mashed Carrots ♥GF

Sweet & Sour Red Cabbage ♥ GF

Grilled Zucchini VGF

Steamed Five Way Mixed Veggies ♥GF

Homemade Apple Slices ♥GF

Homemade Apple Sauce ♥GF

Steamed Broccoli, Carrots, Cauliflower, & Succotash

are Available ♥GF

*Steamed Vegetables contain No Butter or Oil

Starches V



Basmati Rice GF Fried Plantains GF

Parsley Buttered Potatoes GF

Penne Pasta

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 -Arnold Palmer - 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

- Banana Pie
- Chocolate Mousse Cake
 - Strawberry Short CakeLime Jell-O

Sugar-Free

- ❖ Apple Pie
- Chocolate Layer Cake
 - Orange Jell-O

Gourmet Ice Cream GF

Vanilla – Chocolate – Cappuccino Crunch Butter Pecan*** – Coffee – Strawberry Raspberry Sorbet.

The Flavor of the Week:

Crazy Vanilla GF

No Sugar Added

Vanilla – Turtle Sundae*** – Butter Pecan*** Low Fat Blueberry Cheesecake Frozen Yogurt

We Have Regular & Gluten-Free Waffle & Sugar Cones Available

Seasonal Fruit Plate • GF

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

*** Contains Nuts