

Dinner Menu

June 17th–June 22nd

Vegan/Vegetarian Menu Available Upon Request

Soups

Soup of the Day: Announced Daily

Soup of the Week: Summer Squash GF

Low Sodium: Chicken Noodle, Vegetable GF  or Tomato GF 

Appetizers

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

Salads

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 ♥ GF

Mixed Field Greens with Tomato &
Cucumbers ~ Choice of Dressing

Jack Salad ♥ 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

 -- This Item is Vegan

Vegetables & Fruits

Asparagus ♥GF

Mashed Carrots ♥GF

Sweet & Sour Red Cabbage ♥ GF

Grilled Zucchini ♥GF

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

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 Cake
- ❖ Lime 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