

Dinner Menu

July 7th – July 12th

Soups

Soup of the Day: Announced Daily

Soup of the Week: Split Pea GF 

Low Sodium: Chicken Noodle, Vegetable GF  or Tomato GF 

Appetizers

❖ Spinach & Artichoke Dip ~ Served w/Chips 

❖ Smoked Salmon Crostini~ Topped w/Cream Cheese

❖ Deviled Egg ~ Served over Microgreens GF 

Salads

Salad of the Week

Pasta Salad ♥

Mixed w/Peppers, Onions, Tomatoes, Artichokes & Fresh Mozzarella ~ Tossed in Italian Dressing

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 Sauce

Garden Salad ♥ GF

Mixed Field Greens with Tomatoes & Cucumbers ~ Served with Choice of Dressing

Seasonal Fruit Plate ♥ GF

Chef's Selection of Seasonal Fruit ~ Served with Low Fat Cottage Cheese (Upon Request)

Jack Salad ♥ GF

Cucumber, Tomato, Avocado, Onion, Green & Black Olives ~ Served with 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

Grilled Bone-In Chicken GF

Served w/Pepper Sauce

Grilled Flank Steak GF

Served w/Pepper Corn Sauce

Roasted Pork Shoulder GF

Served w/Chipotle BBQ Sauce

Tuna Casserole

W/Egg Noodles, Green Peas & Mushroom Cream Sauce

Fresh Almond Crusted Trout***

Served w/Lemon Butter

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

New York Roast***



Served w/Sweet Tomato Sauce

Vege~Chicken & Vegetable Wrap



Wrapped in a Tortilla w/Lettuce, Tomato, Carrots & Cucumbers

Vegan Avocado Tower



Served w/Sweet Potatoes & Alfalfa Sprouts

Vegan Stuffed Eggplant



Stuffed w/Vegetables & Vegan Cheese. Served w/Roasted Red Pepper Sauce

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

-- This Item is Vegetarian

Vegetables & Fruits

Sauteed Spinach ♥GF

Raisin Glazed Carrots ♥GF

Sauteed Yellow Squash w/Onions ♥GF

Grilled Peppers ♥ 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

Wild Rice GF

Steamed Yuka GF

Roasted Potatoes GF

Fettuccini Pasta

Sauce Choices: Marinara, Pesto, Alfredo, Olive Oil, Garlic Butter

Mashed Potatoes GF 

Baked Potato ♥GF

Baked Sweet Potato ♥GF

Brown Rice ♥GF

Fettuccine Brown Rice Pasta GF

Spaghetti 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

- ❖ Tiramisu
- ❖ Lemon Italian Cream Cake
 - ❖ Blueberry Pie
 - ❖ Lime Jell-O

Sugar-Free

- ❖ Chocolate Layer Cake
 - ❖ Apple Pie
- ❖ Black Cherry Jell-O

Gourmet Ice Cream GF

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

The Flavor of the Week

Midnight Caramel River GF

No Sugar Added

Vanilla — Butter Pecan***
Low Fat Blueberry Cheesecake Yogurt

Vegan Ice Cream

Ask your Server

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

Seasonal Fruit Plate ♥ GF

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

***Contains Nuts