

# Dinner Menu

August 4th – August 9th


## Soups

**Soup of the Day:** Announced Daily

**Soup of the Week:** Tortilla GF 

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

## Appetizers

- ❖ Tomato Bruschetta ~ w/ Fresh Mozzarella, Basil & White Balsamic 
- ❖ Cajun Roasted Chicken Wing or Drum ~ Tossed in Buffalo Sauce & Ranch GF
- ❖ Pig in a Blanket ~ Served w/Spicy Mustard

## Salads

### Salad of the Week

#### Fresh Peach Salad\*\*\* GF ♥

w/Arugula, Feta & Pecans ~ Tossed in Truffle Oil & White Balsamic

#### 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

## Blackened Fresh Cod GF

Served w/Mango Chutney Sauce

## Seared Chicken Tenders GF

Served w/Sundried Tomatoes, Corn & Cilantro Cream Sauce

## Pot Roast GF

w/Potatoes, Carrots & Onions in Red Wine Sauce

## Grilled Ham Steak

w/Pineapple Teriyaki Glaze

## Patty Melt\*

w/Thousand Island Dressing, Pepper Jack Cheese & Caramelized Onions on Rye Bread

## 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

## Char's Meatballs

w/Tomato Basil Sauce served over Angel Hair Pasta & Garlic Bread

## Mushroom Roast Loaf

Served w/Creamy Mushroom Sauce

## Vegan Gardenburger Patty Melt

w/Onions & Cheese

## Vegan Chicken Nuggets


w/Sesame Teriyaki Glazed served w/Steamed Broccoli & Brown Rice


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

Red Swiss Chard ♥GF

Fried Okra ♥

Sweet & Sour Red Cabbage ♥GF

White Beans ♥ 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

White Rice GF

Baked Acorn Squash GF

Roasted Fingerling Potatoes GF

Creamy Grits

**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

- ❖ Florida Key Lime Pie
- ❖ Pineapple Upside Down Cake
- ❖ Gourmet Black Forest Cake
  - ❖ Orange Jell-O

## Sugar-Free

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

## Gourmet Ice Cream GF

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

## The Flavor of the Week

Peanut Butter Cup\*\*\* 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