

Dinner Menu

September 8th– September 13th

Soups

Soup of the Day: Announced Daily

Soup of the Week: Split Pea GF 

Low Sodium: Chicken Noodle, Vegetable GF  or Tomato GF 

Appetizers

❖ Fried Mozzarella Cheese ~ w/ Marinara Sauce

❖ Curry Chicken Salad on Endive GF

❖ BBQ Chipotle Meatball GF

Salads

Salad of the Week

Citrus Mixed Greens GF ♥ 

w/ Cranberries, Oranges, Blueberries & Strawberries

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

Cajun Jambalaya GF

W/ Shrimp, Andouille Sausage & Rice

Tortilla Crusted Tilapia GF

Served w/Basil Cream Sauce

Pot Roast GF

w/ Carrots, Potatoes & Onions in a Red Wine Demi Glaze

Orange Chicken

Lightly Breaded Chicken Breast Chunks Tossed w/ Orange Sauce & Scallions

Baked Chili & Macaroni & Cheese

w/ Green Onions

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 ~ Walnuts Meatball ***



w/ Basil Tomato Sauce

Vegan Portobello Quesadilla



w/ Onions

Vegan Walnuts Meatball ***




Served Over 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

Bean Sprouts ♥GF

Mashed Carrots ♥GF

Spinach ♥GF

Green Beans w/ Shallots ♥ 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

Lentils GF

Jasmine Rice GF

Pesto Chickpeas GF

Cavatappi Noodles

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

- ❖ Bourbon Pecan Pie
- ❖ Banana Split
- ❖ Golden Chocolate Cake
- ❖ Orange Jell-O

Sugar-Free

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

Gourmet Ice Cream GF

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

The Flavor of the Week

Cookies & Cream

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