

Dinner Menu

October 20th – October 25th

Soups

Soup of the Day: Announced Daily

Soup of the Week: Potato Leek GF 

Low Sodium: Chicken Noodle, Vegetable GF  or Tomato GF 

Appetizers

❖ Caramelized Acorn Squash GF 

❖ Smoked Salmon on Crostini w/Cream Cheese

❖ Chipotle & Cranberry Turkey Meatball GF

Salads

Salad of the Week

Roasted Chickpeas*** GF  

w/Chopped Kale, Candied Pecans, Cranberries
& Carrots tossed in Honey Balsamic 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

Roasted Beef Brisket GF

Served w/ Caramelized Pearl Onions & Cherry Wine

Maple Glazed Salmon Fillet GF

Roasted Pork Shoulder GF

Served w/ Date Sauce

Chicken Parmigiana

Served Over Linguine & Garlic Bread

Stuffed Peppers GF

Stuffed w/ Beef, Cheese, Rice & Tomato Sauce

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

Char's Vege~Meatballs 🌿

Served w/ Tomato Basil over Angel Hair Pasta

Vegan Quinoa, Portobello Mushrooms & Vegetables V

Vegan Eggplant Parmigiana V

Served w/ Steamed Broccoli

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

V -- This Item is Vegan

🌿 -- This Item is Vegetarian

Vegetables & Fruits



Roasted Brussel Sprout ♥GF

Steamed Green Beans ♥GF

Golden Beets ♥GF

Raisin Glazed Carrots ♥ 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

Sugar Snap Pea GF

Twice Baked Potato GF 🌿

Linguine 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

- ❖ Apple Pie Ala Mode
- ❖ Chocolate Layer Cake
 - ❖ Pumpkin Pie
 - ❖ Lemon Jell-O

Sugar-Free

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

Gourmet Ice Cream GF

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

The Flavor of the Week

Caramel Cheesecake Cookie

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