

Dinner Menu

November 10th – November 15th

Soups

Soup of the Day: Announced Daily

Soup of the Week: Autumn Squash GF 

Low Sodium: Chicken Noodle, Vegetable GF  or Tomato GF 

Appetizers

❖ Pig in a Blanket ~ w/Spicy Mustard

❖ Roasted Buffalo Wing OR Drumstick ~ w/Bleu Cheese Dressing GF

❖ Oyster Rockefeller ~ w/Rich Butter Cream Sauce, Chopped

Spinach & Breadcrumbs GF Upon Request

Salads

Salad of the Week

Fruity Mixed Greens Salad ♥ GF 

w/Peaches, Blueberries, Cranberries &
Watermelon. Served w/Raspberry 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

Seared Fresh Cod Fillet GF

Served w/Orange Vodka Sauce

All Beef Meatloaf GF

Served w/Choice of Brown Gravy or Tomato Sauce

Cajun Jambalaya Pasta GF Upon Request

Served w/Andouille Sausage, Shrimp & Penne Pasta

Orange Chicken

Served w/Peppers & Green Onions tossed in Orange Sauce

Patty Melt*

Hamburger Patty served on Rye Bread w/Swiss Cheese, Fried Onions & 1000 Island Dressing

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

Mushroom Nut Loaf***

Served w/Mushroom Sauce

Pecan Patties***

Served w/Mushroom Sauce

Vegan Grilled Tofu Sandwich GF

Served on Gluten Free Bread w/Avocado, Lettuce & Tomato

Vegan Mediterranean Butternut Squash Casserole

Made w/Spinach and Sundried Tomatoes

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

Grilled Zucchini ♥GF 

Grilled Golden Beets ♥GF 

Ratatouille ♥GF 

Sauteed Spinach ♥ 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

Jasmine Rice GF 

Boiled Fingerling Potatoes GF 

Curry Lentils GF 

Penne 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

- ❖ Black Forest Cake
- ❖ Key Lime Pie
- ❖ Pound Cake
- ❖ Orange Jell-O

Sugar-Free

- ❖ Cheesecake
- ❖ Apple Pie
- ❖ Cherry Jell-O

Gourmet Ice Cream GF

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

The Flavor of the Week

Blueberry Cheesecake

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