

Dinner Menu

February 9th– February 14th

Soups

Soup of the Day: Announced Daily **Vegan Upon Request** 

Soup of the Week: Cream of Roasted Root Vegetables **GF** 

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

Appetizers

- ❖ Stuffed Jalapenos ~ Stuffed w/Italian Sausage **GF**
- ❖ Brie & Apple ~ Served on a Cracker
- ❖ Turkey & Cranberry Pinwheel

Salads

Salad of the Week

Mediterranean Salad **GF**

Ferro w/Green Peas, Pearl Onions, Olives, Carrots, Tomatoes & Feta Cheese.
Choice of 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

Baked Fresh Flounder GF

Served w/Basil Cream

Grilled Sirloin Steak* GF

Served w/Ranchero Sauce

Baked Roasted Chicken GF

Served w/Cilantro & Jalapeno Sauce

Shrimp Gumbo GF

w/Peppers, Tomatoes & Okra

Grilled Ham Steak GF

Served w/Chipotle BBQ 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

Pecan Patties***



Served w/Mushroom Cream Sauce

Rice Patties



Vegan Scrambled Tofu



Served w/Quinoa & Vegetables

Vegan Cheesy Polenta



Served w/Spinach & Fruit

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

leaf -- This Item is Vegetarian

NPF -- This Item is Non-Processed

Vegetables & Fruits

All Sides Vegan Upon Request 

Sauteed Spinach ♥GF 

Sauteed Yellow Squash ♥GF 

Okra ♥GF 

Roasted Cherry Tomatoes ♥ GF  

Steamed Five Way Mixed Veggies ♥GF 

Home Made Apple Sauce ♥GF 

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Steamed Broccoli, Carrots, Cauliflower, & Succotash are
Available ♥GF 

*Steamed Vegetables contain no Butter or Oil

Starches

All Starches Vegan Upon Request

Chickpeas GF 

Lentils GF 

Basmati Rice GF 

Linguini 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

- ❖ Chocolate Mousse
- ❖ Sour Cream Coffee Cake
- ❖ Italian Lemon Cream Layer Cake
- ❖ Lime Jell ~ O

Sugar-Free

- ❖ Cherry Jubilee ala Mode
- ❖ Cheesecake
- ❖ Orange Jell-O

Gourmet Ice Cream GF

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

The Flavor of the Week

Road Runner Raspberry 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

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

***Contains Nuts