

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


 -- This Item is Vegan

 -- This Item is Vegetarian

 -- 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 

Home Made Apple Sauce ♥GF 

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 ♥ GF

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

***Contains Nuts