

# Dinner Menu

March 2nd– March 7th

## Soups

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

**Soup of the Week:** Cream of Carrot & Ginger GF 

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

## Appetizers

❖ Turkey & Cheese Slider w/Cranberry Mayo

❖ Crab Dip w/Pita Chips

❖ Falafel Ball w/Cucumber Yogurt Sauce 

## Salads

### Salad of the Week

**Rice Salad** ♥ GF 

W/Scallions, Peppers, Celery, Carrots & Cilantro  
Tossed in Olive Oil Rice Vinegar 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

# Entress

## Fresh Seared Cod GF

Served w/Mango Salsa

## Grilled Beef Ribeye Au Poivre GF

Served w/Brandy Mustard Pepper Corn Sauce

## Tandoori Chicken Breast GF

Served w/Curry Sauce

## Grilled Shrimp Skewer

w/Spicy Chili Sauce

## Chili Mac & Cheese

Served w/Scallions & Garlic Bread

## 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

## N.Y. Roast\*\*\*

Served w/Sweet Tomato Sauce

## Char's Meatballs

Served over Angel Hair Pasta w/Marinara Sauce

## Vegan Oatmeal Burger

w/Lettuce, Tomato & Avocado

## Vegan Falafel Patties

Served w/Fresh Salsa, Brown Rice & Steamed Broccoli

## White Bean Spread w/Veggies

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 

Ratatouille ♥GF 

Asparagus ♥GF 

Swiss Red Chard ♥GF 

Steamed Five Way Mixed Veggies ♥GF 

Home Made Apple Sauce ♥GF 

Home Made Apple Slices ♥GF 

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

\*Steamed Vegetables contain no Butter or Oil

## Starches

All Starches Vegan Upon Request

Corn GF 

Roasted Potatoes GF 

Basmati Rice GF 

Angel Hair 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

- ❖ Strawberry Cheesecake
- ❖ Chocolate Mousse Cake
  - ❖ Cherry Pie
  - ❖ Lemon Jell-O

## Sugar-Free

- ❖ Chocolate Brownie
- ❖ Blueberry Pie
- ❖ Cherry Jell-O

## Gourmet Ice Cream GF

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

## The Flavor of the Week

Chocolate Marshmallow 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 <sup>GF</sup>

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

\*\*\*Contains Nuts