

Dinner Menu

April 6th– April 11th

Soups

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

Soup of the Week: Corn Chowder GF 

Low Sodium: Chicken Noodle, Vegetable GF   or Tomato GF  

Appetizers

❖ Beef & Cheese Quesadilla w/ Guacamole, Pico de Gallo & Sour Cream

❖ Tempura Chicken w/ Spicy Sweet Chili Sauce

  Grilled Portobello Mushroom w/ Spinach & Roasted Red Pepper

Salads

Salad of the Week

Peach Salad ♥ GF 

W/Cottage Cheese Over Mixed Green

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

Grilled Marinated Tuna Fillet GF

Served w/ Horseradish Avocado Sauce

Chicken Cacciatore GF

Boneless Chicken Thigh w/ Tomatoes, Onions, Capers, Olives & Pepper Sauce

Grilled Beef Fajita GF

w/ Grilled Peppers, Onions & Cilantro Served w/ Pico de Gallo, Guacamole & Sour Cream

Grilled Smoked Kielbasa

Served w/ Sauerkraut

Blackened Shrimp Salad

w/ Berries, Apples & Mixed Greens Choice of 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 Loaf ***

Served w/ Mushroom Sauce

Vegetarian Tofu Walnut Patties ***

Served w/ Brown Sauce

Vegan Tabouli Salad

Served w/ Side of Fruit

Vegan Chicken & Rice Soup


Served w/ Corn Bread


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 Cremini Mushroom ♥GF 

Sauteed Yellow Squash ♥GF 


Gold Beets ♥GF 

Collard Greens ♥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

Mexican Rice GF 


Refried Beans GF 

Boiled Yukon Potato 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

- ❖ Napoleon Cake
- ❖ Chocolate Ganache Cake
- ❖ Warm Cherry Pie
- ❖ Orange Jell-O

Sugar-Free

- ❖ Apple Pie ala Mode
- ❖ Chocolate Brownie
- ❖ Blackberry Jell-O

Gourmet Ice Cream GF

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

The Flavor of the Week

Orange Blossom 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