


Dinner Menu

May 4th– May 9th

Soups

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

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

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

Appetizers

❖ Stuffed Mushroom ~ w/Mushroom Ragout **GF**  

❖ Pig in a Blanket w/ Spicy Mustard

❖ Curry Chicken Salad on a Phyllo Shell

Salads

Salad of the Week

Spring Mix Salad*** ♥ **GF** 

W/Toasted Almonds, Feta Cheese, Tomato, Cucumbers & Mandarin Oranges. 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

Entrees

Parmesan Crusted Tilapia GF

Served w/ Pesto Cream Sauce

All Beef Meatloaf GF

Served w/ Sweet Tomato Sauce or Brown Gravy

Roasted Cajun Boneless Chicken Thigh GF

Served w/ Sweet Chili Sauce

Pork Carnitas

w/ Flour Tortilla, Pico De Gallo & Guacamole

Sliced Beef Brisket GF

Served w/ Pink Pepper Corn 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

N. Y. Roast***

Served w/ Sweet Tomato Sauce

Char's Vege Meatballs

Served over Angel Hair Pasta w/ Tomato Basil Sauce

Vegan Gardenburger

w/ Avocado, Tomato & Onion served w/ Fresh Fruit

Vegan Cheese Polenta


Served w/ Grilled Vegetables


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



Roasted Asparagus ♥GF

Roasted Cherry Tomatoes w/Fresh Herbs ♥GF

Red Swiss Chard ♥GF

Roasted Carrots ♥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

Roasted Potato GF

Yellow Rice GF

Fried Plantain GF

Black Beans GF

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

- ❖ Apple Crumb Cake
- ❖ Double Chocolate Cake
- ❖ Cheesecake w/Chocolate Sauce
 - ❖ Orange Jell-O

Sugar-Free

- ❖ Apple Pie ala Mode
- ❖ Cheesecake w/Berries
- ❖ Strawberry Jell-O

Gourmet Ice Cream GF

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

The Flavor of the Week

Crazy Vanilla 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