

Dinner Menu

June 1st– June 6th


Soups

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

Soup of the Week: Vegetable and Lentil **GF** 

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

Appetizers

- ❖ Blackened Tuna ~ with Ginger, Seaweed and Wasabi Soy Sauce
- ❖ Mini Baked Brie ~ Wrapped in Puff Pastry 
- ❖ Tandoori Chicken ~ with Curry Sauce **GF**

Salads

Salad of the Week

Arugula Salad*** **GF**

With Apples and Pecans. Tossed in Honey Dijon 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 and 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 and Spicy Ranch

 **Vegan Dressings (GF):** Balsamic Vinaigrette (Low-Fat), Sesame Ginger, Raspberry Vinaigrette (Low-Fat), Italian, Olive Oil & Red Wine Vinegar

Entrees

Grilled Pork Ribeye GF

Served with Spicy Sweet Chili Sauce

Blackened Salmon Fillet GF

Served with Mango Salsa and Avocado

Lamb Souvlaki Skewer GF

Served with Tzatziki Mint Sauce

Linguine & Meatballs

With Marinara and served with Garlic Bread

Chicken Cordon Bleu

Lightly Breaded Chicken Breast stuffed with Ham and Swiss Cheese

Served with Mushroom 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

Mushroom Loaf***

Served with Mushroom Cream Sauce

Mushroom Stroganoff

Served with Steamed Mixed Vegetables

Vegan Spinach Frittata

Served with Fresh Berries

Vegan Tofu Lasagna


Served with 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 


Collard Greens ♥GF 


Grilled Zucchini ♥GF 


Mashed Carrots ♥GF 

Bean Sprouts ♥GF 

Steamed Five Way Mixed Veggies ♥GF 

Home Made Apple Sauce ♥GF 

Home Made Apple Slices ♥GF 

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

*Steamed Vegetables contain no Butter or Oil

Starches

All Starches Vegan Upon Request

Black Beans GF 

Home Fries GF 

Jasmine Rice GF 

Linguine 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

- ❖ Tiramisu
- ❖ Coconut Custard Pie
- ❖ Lemon Raspberry Cheesecake
- ❖ Cherry Jell-O

Sugar-Free

- ❖ Cheesecake
- ❖ Apple Pie
- ❖ Lime Jell-O

Gourmet Ice Cream GF

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

The Flavor of the Week

Salted Caramel 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