- Heart Healthy (F) Gluten Free
- Brain Healthy
- New Item



Green Power Food Favorite O Diabetic Friendly

# **BREAKFAST**

#### **FEATURED**

Potato and Cheese Frittata

### A LA CARTE

Hot or Cold Cereals Fresh Fruits Choice of Eggs Ham. Bacon or Sausage **Breakfast Potatoes** Toast, Muffin or Pastry

# **MIDDAY**

### **BEGINNINGS**

Shrimp Bisque 9 Garden Salad o

#### **ENTREES**

**Corned Beef** Reuben 🗯 Sauerkraut, Swiss, 1000 Island, Rye Bread Chicken Salad Platter Mixed Greens. Fresh Fruit. Artisan Crackers

### **FRESH SIDES**

French Fries Carrot and Raisin Salad o

#### DESSERT

Sunday Sundaes

# **EVENING**

#### **BEGINNINGS**

Shrimp Bisque 9 Garden Salad O

#### **ENTREES**

Mississippi Pot Roast 🖸 Ranch Seasoning, Pepperoncini, Pan Gravy Turkey Pot Pie 9 Mirepoix, Fine Herbs,

#### **FRESH SIDES**

Buttermilk Biscuit

Cheddar and Scallion **Mashed Potatoes Buttered Peas** Cornbread

#### **DESSERT**

**Apple Cranberry** Walnut Pie

- Heart Healthy (F) Gluten Free
- Brain Healthy
- New Item



Green Power Food Favorite O Diabetic Friendly

# **BREAKFAST**

#### **FEATURED**

Lemon Poppyseed Pancakes

### A LA CARTE

Hot or Cold Cereals Fresh Fruits Choice of Eggs Ham. Bacon or Sausage **Breakfast Potatoes** Toast, Muffin or Pastry

# **MIDDAY**

### **BEGINNINGS**

Turkey Rice Soup • Garden Salad o

#### **ENTREES**

Quiche Lorraine o Bacon, Spinach, Onion, Swiss

French Dip Provolone. Horseradish Cream, Au Jus

#### **FRESH SIDES**

Macaroni Salad Side Salad o

#### **DESSERT**

Chocolate Peanut **Butter Bars** 

# **EVENING**

### **BEGINNINGS**

Turkey Rice Soup • Garden Salad o

#### **ENTREES**

Pork Dijonaise O Mustard Sauce Fried Flounder Tartar Sauce

# **FRESH SIDES**

Garlic Orzo Glazed Carrots O **Dinner Rolls** 

#### **DESSERT**

Banana Nut Cake

- Heart Healthy
- **GF** Gluten Free
- 🥴 Brain Healthy
- New Item



Tuesday

# **BREAKFAST**

### **FEATURED**

Egg & Cheese Sandwich on English Muffin

#### **A LA CARTE**

Hot or Cold Cereals
Fresh Fruits
Choice of Eggs
Ham, Bacon
or Sausage
Breakfast Potatoes
Toast, Muffin or Pastry

# **MIDDAY**

### **BEGINNINGS**

Carrot Ginger
Bisque •

Garden Salad o

#### **ENTREES**

Chicken Quesadilla Dico de Gallo, Sour Cream
Shrimp Salad Sandwich
Croissant, Lettuce,
Tomato, Onion

### **FRESH SIDES**

Bistro Chips
Seasoned Black
Beans

#### **DESSERT**

White Chocolate Macadamia Nut Cookies

# **EVENING**

### **BEGINNINGS**

Carrot Ginger
Bisque •
Garden Salad •

#### **ENTREES**

Baked Ziti 

Italian Sausage, Marinara,

Mozzarella, Parmesan

Chicken Francese • Egg, Lemon, White Wine, Caper

# **FRESH SIDES**

Brown Rice o

Sauteed Spinach o

Garlic Bread

#### **DESSERT**

**Peanut Butter Pie** 

- Heart Healthy (F) Gluten Free
- Brain Healthy
- New Item



Green Power Food Favorite O Diabetic Friendly

# **BREAKFAST**

#### **FEATURED**

Belgian Waffle with Fresh Strawberries

#### A LA CARTE

Hot or Cold Cereals Fresh Fruits Choice of Eggs Ham. Bacon or Sausage **Breakfast Potatoes** Toast, Muffin or Pastry

# **MIDDAY**

#### **BEGINNINGS**

Pasta Fagioli Soup • Garden Salad O

#### **ENTREES**

**Old Fashioned** Burger @ Brioche Bun, 1000 Island, American Cheese, Shredded Lettuce. Pickles

Cobb Salad O Marinated Chicken, Mixed Greens, Tomato, Cucumber, Red Onion, Bacon, Cheddar Cheese

#### **FRESH SIDES**

**Tater Tots** Cucumber Tomato Salad

#### DESSERT

Lemon Bar

# **EVENING**

### **BEGINNINGS**

Pasta Fagioli Soup o Garden Salad o

#### **ENTREES**

Pan-Seared Cod Cakes @ Roasted Corn. Avocado Lemon Pepper Chicken Wings o Butter, Lemon Pepper, Parsley

### **FRESH SIDES**

Tri Colored Quinoa • Coleslaw **Dinner Rolls** 

#### **DESSERT**

Lemon Coconut Cake

- Heart Healthy (F) Gluten Free
- Brain Healthy
- New Item



Green Power Food Favorite O Diabetic Friendly

# **BREAKFAST**

# **FEATURED**

Biscuits & Gravy

### A LA CARTE

Hot or Cold Cereals Fresh Fruits Choice of Eggs Ham, Bacon or Sausage **Breakfast Potatoes** Toast, Muffin or Pastry

# **MIDDAY**

### **BEGINNINGS**

Tomato Basil Soup • Garden Salad o

#### **ENTREES**

Alabama Slammer 📀 Shredded Chicken Breast. Alabama White, Provolone

Beef and Bean Chili @ Cornbread

#### **FRESH SIDES**

**Sweet Potato Fries** Coleslaw o

#### DESSERT

**Novelty Ice** Cream Bars

# **EVENING**

### **BEGINNINGS**

Tomato Basil Soup Garden Salad O

#### **ENTREES**

**Braised Chicken** Quarters • Prosciuto. Mushroom. Marsala

Tilapia Almondine 🔾 White Wine, Almond, Parsley

#### **FRESH SIDES**

Roasted Fingerling Potatoes Sauteed Red Pepper and **Snap Peas Dinner Rolls** 

#### DESSERT

Chocolate Chess Pie

- Heart Healthy (F) Gluten Free
- Brain Healthy
- New Item



Green Power Food Favorite O Diabetic Friendly

# **BREAKFAST**

#### **FEATURED**

Wild Mushroom and Swiss Scramble

### A LA CARTE

Hot or Cold Cereals Fresh Fruits Choice of Eggs Ham. Bacon or Sausage **Breakfast Potatoes** Toast, Muffin or Pastry

# **MIDDAY**

### **BEGINNINGS**

Potato and Ham Chowder O

Garden Salad o

#### **ENTREES**

Traditional Cheese Pizza 9 Marinara. Mozzarella, Parmesan Chicken Caesar Salad o Romaine, Parmesan, House Made Croutons

#### **FRESH SIDES**

Pasta Salad Fresh Fruit Cup o

#### DESSERT

Mixed Berry Crisp

# **EVENING**

### **BEGINNINGS**

Potato and Ham Chowder O Garden Salad o

#### **ENTREES**

Slow Cooked Roast Beef Wild Mushroom, Demi-Glace Grilled Pork Chop O Honey Glaze

### **FRESH SIDES**

Jasmine Rice Pilafo Roasted Seasonal Squash o **Dinner Rolls** 

#### DESSERT

Assorted Desserts

- Heart Healthy (F) Gluten Free Brain Healthy

  - New Item
- Wlenu Saturday
- Green Power Food Favorite O Diabetic Friendly

# **BREAKFAST**

#### **FEATURED**

Banana Foster French Toast

### A LA CARTE

Hot or Cold Cereals Fresh Fruits Choice of Eggs Ham. Bacon or Sausage **Breakfast Potatoes** Toast, Muffin or Pastry

# **MIDDAY**

### **BEGINNINGS**

Winter Squash and Root Vegetable Soup • Garden Salad o

#### **ENTREES**

Turkey Club Wrap Bacon, Lettuce, Tomato, Cheddar, Herb Mayo Coconut Shrimp

### **FRESH SIDES**

Pineapple Salsa

French Fries Cabbage and Apple Salad o

#### DESSERT

**Rocky Road Brownies** 

# **EVENING**

### **BEGINNINGS**

Winter Squash and Root Vegetable Soup • Garden Salad O

#### **ENTREES**

Roasted Chicken Thigh o Lemon, Rosemary, Garlic Korean BBQ Glazed Salmon 🖸 Sweet Chili, Scallion

### **FRESH SIDES**

Mushroom Barley • Sauteed Green Beans 🕖 **Dinner Rolls** 

### **DESSERT**

New York Cheesecake