



# dinner menu

Week of January 10th

All options are served with: \*Choice of Artisan Bread, Fresh Fruit or Canned Fruit, \*Choice of Soup, \*Choice of Weekly Salad or Starter Salad, and Featured Dessert.

## Artisan Bread

**Monday:** Garlic Breadstick

**Tuesday:** Assorted Rolls

**Wednesday:** French Roll

**Thursday:** Cornbread Muffin

**Friday:** Wheat Roll

## Fresh Fruit ♥

**Monday:** Whole Apple

**Tuesday:** Mixed Grapes

**Wednesday:** Clementines

**Thursday:** Mixed Fruit

**Friday:** Mixed Berries

*\*Applesauce & Canned Mandarin Oranges, Peaches & Fruit Cocktail also available.*

## Soup

*(Choice of One)*

**Weekly:** Vegetarian Mixed Bean & Roasted Pepper

**Monday:** Lemon Chicken Rice **R**

**Tuesday:** Cheesy Broccoli

**Wednesday:** Ham & Bean

**Thursday:** Cheeseburger

**Friday:** Country Vegetable **R**

*\*Canned reduced sodium soups also available.*

## Starters

**Vegetable Power Slaw w/Poppy Seed Dressing** **GF**

**Romaine Salad** (w/o Chicken)

**Cottage Cheese** ♥

## Ice Cream

**Vanilla**      **Chocolate**

**Cappuccino Crunch**

**NSA Moose Tracks**

## Daily Entrée Selections

**1/10 Monday**

**Option 1:** Broiled Orange Roughy ♥ w/Hollandaise Sauce served with Herb Roasted Potatoes ♥ and Baked Squash ♥

**Option 2:** Beef Stroganoff w/Mushroom Gravy over Egg Noodles served with Steamed Green Beans ♥

**Featured Dessert:** Apple Crisp Ala Mode w/Cinnabon Ice Cream

**1/11 Tuesday**

**Option 1:** Baked Lemon Pepper Whitefish ♥ **GF** w/Tartar Sauce on the Side served with Steamed Redskin Potatoes ♥ and Citrus Glazed Carrots

**Option 2:** Roast Turkey Breast ♥ **GF** w/Cranberry Sauce served with Mashed Potatoes & Gravy, Baked Herb Stuffing, and Roasted Brussel Sprouts ♥

**Featured Dessert:** Tapioca Pudding topped w/Mango

**1/12 Wednesday**

**Option 1:** Seared Seasoned Salmon ♥ **GF** w/Fresh Lemon served with Roasted Yellow Potatoes ♥ and Steamed Asparagus ♥

**Option 2:** Sliced Roast Beef Au Jus **GF** served with Mashed Potatoes & Gravy and Buttered Peas

**Featured Dessert:** Fruits of the Forest Pie

**1/13 Thursday**

**Option 1:** Fried Fisherman's Platter w/Shrimp, Cod, Clams & Calamari w/Lemon & Tartar Sauce on the side served with Hushpuppies and Creamy Coleslaw

**Option 2:** BBQ Pork Tenderloin **GF** served with Baked Beans w/Bacon and Garlic Okra & Tomatoes

**Featured Dessert:** Nutt'n Better Ice Cream Bar

**1/14 Friday**

**Option 1:** Lobster & Cheese Stuffed Ravioli w/Gulf Shrimp, Peas & Lobster Saffron Cream Sauce

**Option 2:** Braised Curry Coconut Chicken Thigh served with Steamed White Rice ♥ and Broccoli, Sugar Snap Peas, Mixed Peppers, Baby Corn & Water Chestnuts ♥

**Featured Dessert:** Pound Cake w/Lemon Icing

♥ Heart Healthy

**R** Reduced Sodium

**GF** Gluten Free

**See back of menu for more entree options!!**

**\*Additional Entrees not available on Friday, December 10th\***

# dinner menu



(Page 2)

All options are served with: \*Choice of Artisan Bread, Fresh Fruit or Canned Fruit, \*Choice of Soup, \*Choice of Weekly Salad or Starter Salad, and Featured Dessert.

## Artisan Bread

**Saturday:** Assorted Rolls

**Sunday:** Assorted Rolls

## Fresh Fruit ♥

**Saturday:** Fruit Cocktail

**Sunday:** Mixed Fruit

\*Applesauce & Canned Mandarin Oranges, Peaches & Fruit Cocktail also available.

## Soup

(Choice of One)

**Weekly:** Vegetarian Mixed Bean & Roasted Pepper

**Saturday:** Asian Beef

**Sunday:** Chicken Dumpling

\*Canned reduced sodium soups also available.

## Starters

Vegetable Power Slaw w/Poppy Seed Dressing **GF**

Romaine Salad (w/o Chicken)

Cottage Cheese ♥

## Ice Cream

Vanilla      Chocolate

Cappuccino Crunch

NSA Moose Tracks

## Saturday, Jan, 15th

**Option 1:** Baked Crab Cake Sandwich w/Lettuce, Tomato & Mustard on the side served with French Fries and Fruit Salad ♥

**Option 2:** Kielbasa & Kraut Bake **GF** served with Roasted Cauliflower ♥ and Cinnamon Applesauce ♥

**Featured Dessert:** Ice Cream Sandwich

## Sunday, Jan. 16th

**Option 1:** Baked Ham Steak **GF** served with Cheesy Au gratin Potatoes and Steamed Mixed Vegetables ♥

**Option 2:** Lasagna w/Tomato Meat Sauce served with Steamed Mixed Vegetables ♥

**Featured Dessert:** Chocolate Pudding Sundae

### Alternative Dinner Entrees

**Option 3 (Vegetarian):** Picatta Pasta w/Fresh Broccoli, Mushrooms & Artichokes in a White Wine, Lemon Caper Butter Sauce served with Fresh Vegetables ♥

**Option 4:** Romaine Salad - *Fresh romaine lettuce, grilled chicken breast, garbanzo beans, tomatoes, cucumber parmesan cheese & seasoned croutons. Served with honey mustard dressing on the side.*

**Option 5:** Italian Sausage, Pepper & Onion Hoagie on a Toasted Bun served with Potato Chips

### Sandwiches:

*Served on Wheat Bread with Potato Chips*

Grilled Cheese Sandwich

Peanut Butter & Jelly Sandwich

### The Grill:

Grilled Chicken Breast **or** Chicken Tenders with Ranch Dressing served with Fresh Vegetables ♥

Hot Dog with Ketchup & Mustard served with Potato Chips

♥ Heart Healthy

Ⓜ Reduced Sodium

Ⓜ Gluten Free

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Alert staff to any allergies or dietary needs.