



# dinner menu

Week of November 15th

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:** Cornbread Muffin
- Tuesday:** Garlic Parmesan Breadstick
- Wednesday:** Dinner Roll
- Thursday:** Cranberry Walnut Bread
- Friday:** Whole Grain Wheat Roll

## Fresh Fruit ♥

- Monday:** Banana
  - Tuesday:** Mixed Fruit
  - Wednesday:** Apple
  - Thursday:** Mixed Fruit
  - Friday:** Orange
- \*Applesauce & Canned Mandarin Oranges, Peaches & Fruit Cocktail also available.*

## Soup

- (Choice of One)*
- Weekly:** Steak & Potato Chowder
  - Monday:** Super Green Mushroom & Orzo
  - Tuesday:** Corn Chowder
  - Wednesday:** Chicken & Dumpling
  - Thursday:** Butternut Squash **R**
  - Friday:** Country Vegetable **R**
- \*Canned reduced sodium soups also available.*

## Starters

- Broccoli & Cranberry Salad** **GF**
- Caesar Salad** (w/o Chicken)
- Cottage Cheese** ♥

## Ice Cream

- Vanilla**      **Coffee**
- Chocolate**    **Orange Blossom**
- NSA Butter Pecan**

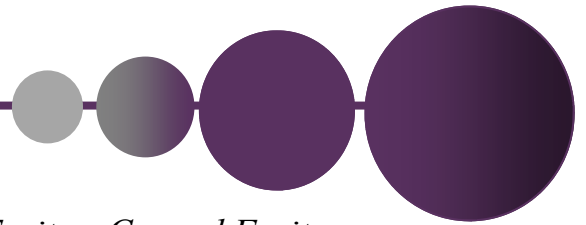
- ♥ Heart Healthy
- R** Reduced Sodium
- GF** Gluten Free

## Daily Entrée Selections

- 11/22 Monday**
- Option 1:** Grilled Shrimp Skewer w/Lemon Butter **GF** served with Wild Rice Vegetable Blend and Steamed Green Beans ♥
  - Option 2:** Patty Melt Sandwich w/Swiss Cheese & Caramelized Onions on Grilled Texas Toast served with Roasted Potato Wedges ♥ and Steamed Vegetable Medley ♥
  - Featured Dessert:** Heath Bar Cake
- .....
- 11/23 Tuesday**
- Option 1:** Broiled Seasoned Whitefish ♥ **GF** w/Tartar Sauce on the side served with Steamed Redskin Potatoes and Roasted Baby Carrots ♥
  - Option 2:** Chicken Enchilada w/Flour Tortilla, Shredded Cheese, Tomato Enchilada Sauce & Sour Cream served with Mexican Spiced Rice and Sautéed Peppers, Onions & Mushrooms
  - Featured Dessert:** Cinnamon Pecan Swirl Cake
- .....
- 11/24 Wednesday**
- Option 1:** Lobster Ravioli w/Steamed Broccoli & Saffron Cream
  - Option 2:** Grilled Chicken Breast w/Crushed Pecans & Honey Bourbon Glaze **GF** served with Roasted Fingerling Potatoes ♥ and Roasted Brussel Sprouts ♥
  - Featured Dessert:** Blueberry Bread Pudding
- .....
- 11/25 Thursday**
- Option 1:** Tuna Salad Croissant served with Sour Cream & Grape Salad, Potato Chips & Fresh Fruit ♥
  - Option 2:** “Second Helping” Open Face Turkey Sandwich served with Mashed Potatoes & Gravy, Cranberry Sauce and Cauliflower Au Gratin
  - Featured Dessert:** Tin Roof Sundae
- .....
- 11/26 Friday**
- Option 1:** Fried Shrimp Basket w/Cocktail Sauce served with French Fries and Italian Vinaigrette Coleslaw
  - Option 2:** Classic Meatloaf topped with Ketchup served with Mashed Potatoes & Gravy and Roasted Asparagus ♥
  - Featured Dessert:** Cherry Cobbler & Ice Cream

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

# dinner menu



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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 & Sunday:** Mixed Fruit

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

## Soup

(Choice of One)

**Weekly:** Steak & Potato Chowder

**Saturday:** Beef & Homestyle

Noodle **R**

**Sunday:** Sausage, Kale & Parmesan

\*Canned reduced sodium soups also available.

## Starters

**Broccoli Cranberry Salad** **GF**

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

**Cottage Cheese** ♥

## Ice Cream

**Vanilla**      **Coffee**

**Chocolate**    **Orange Blossom**

**NSA Butter Pecan**

## Saturday, Nov. 20th

**Option 1:** Fried Egg Rolls w/Sweet & Sour Sauce served with Cilantro Peanut Slaw and Steamed Asian Vegetables ♥

**Option 2:** Chicken Pot Pie served with Warm Spiced Applesauce ♥

**Featured Dessert:** Dessert Bars

## Sunday, Nov. 21st

**Option 1:** Cranberry Chicken Salad on Mixed Greens ♥ served with Mixed Fruit & Vegetable Garnish ♥ and Breakfast Bread

**Option 2:** Warm Beef Pasties w/Mushroom Gravy served with Pickled Beets

**Featured Dessert:** Ice Cream Sandwich

### **Alternative Dinner Entrees**

**Option 3 (Vegetarian):** Southwest Grain Bowl **GF** - Quinoa, tofu, black beans, corn, avocado, tomato and cilantro lime mayo.

**Option 4:** Caesar Entrée Salad - Fresh romaine lettuce, grilled chicken breast, tomato, parmesan cheese and homemade garlic croutons. Served with Caesar dressing on the side.

**Option 5:** Slow Roasted Beef Stew w/Celery, Carrots, Onions and Tomato Gravy

### **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

**R** Reduced Sodium

**GF** 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.