



dinner menu

Week of October 19th

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: French Roll

Tuesday: Pumpernickel Roll

Wednesday: Knot Roll

Thursday: Sunflower Bread

Friday: Cranberry Walnut Bread

Fresh Fruit ♥

Monday: Sliced Melon

Tuesday: Mixed Berries

Wednesday: Banana

Thursday: Pineapple & Mango

Friday: Orange Wedges

Soup

(Choice of One)

Weekly: Sweet Potato & Squash Bisque **R**

Monday: Vegetable Noodle **R**

Tuesday: Loaded Potato

Wednesday: Fifteen Bean & Ham

Thursday: Minestrone

Friday: White Chicken Chili

Starter Salads

Rustic Potato Salad

Asian Salad ♥ (w/o Chicken)

Ice Cream

Vanilla **Chocolate**

Strawberry **Coffee**

Orange Blossom

NSA Butter Pecan

♥ 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 your server to any allergies or dietary needs.

Daily Entrée Selections

10/19 (Mon.)

Option 1: Herb Crusted Trout w/Creamy Dill Mustard Sauce served with Steamed Redskin Potatoes ♥ and Broccoli & Roasted Peppers ♥

Option 2: Creamy Turkey Pot Pie w/Green Peas, Carrots, Corn & Yukon Gold Potatoes

Featured Dessert: Mint Frankenstein Cupcakes

10/20 (Tues.)

Option 1: Chicken Fried Steak w/Brown Gravy served with Mashed Potatoes ♥ and Braised Collard Greens

Option 2: Lemon Chicken Thighs **GF** served with Pineapple Brown Rice ♥ and Steamed Asparagus ♥

Featured Dessert: Upside Down Orange Cranberry Cake

10/21 (Wed.)

Option 1: Seared Salmon w/Sweet Pea Cream Sauce **GF** served with Baked Potato ♥ Chive Sour Cream and Roasted Bacon & Balsamic Brussel Sprouts

Option 2: Pulled Pork w/BBQ Sauce & Fried Onion Rings served with a Sweet Potato w/Cinnamon Butter and Creamy Coleslaw

Featured Dessert: Gingerbread Cake w/Ginger Buttercream Frosting

10/22 (Thurs.)

Option 1: Cornmeal Crusted Catfish w/Homemade Tartar Sauce served with Hush Puppies and Stewed Tomatoes

Option 2: Beef Bourguignon w/Mushrooms, Carrots, Celery, Onion & Red Wine served with Garlic Mashed Potatoes ♥

Featured Dessert: Blushing Pears

10/23 (Fri.)

Option 1: Coconut Shrimp w/Orange Marmalade Sauce served with a Vegetable Potsticker and Ginger Citrus Carrots

Option 2: Indian Butter Chicken served with Curry Mixed Vegetables

Featured Dessert: Assorted Pies

Additional Entrée Selections

Options 3, 4 & 5 are listed on back.

dinner menu

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*Choice of Soup, *Choice of Weekly Salad or Starter Salad, and Featured Dessert.

Artisan Bread

Saturday: Assorted Rolls

Sunday: Garlic Breadstick

Fresh Fruit ♥

Saturday: Mixed Fruit

Sunday: Mixed Fruit

Soup

(Choice of One)

Weekly: Sweet Potato & Squash Bisque **(R)**

Saturday: Turkey Wild Rice **(R)**

Sunday: Dill Pickle

Starter Salads

Rustic Potato Salad

Asian Salad ♥ (w/o Chicken)

Ice Cream

Vanilla **Chocolate**

Strawberry **Coffee**

Orange Blossom

NSA Butter Pecan

♥ Heart Healthy

(R) Reduced Sodium

(GF) Gluten Free

Saturday, October 24th

Option 1: Baked Sweet & Sour Chicken Wings served with Soy Vegetable Lo Mein and Steamed Mixed Asian Vegetables ♥

Option 2: Sesame Beef Stir Fry served with Steamed White Rice ♥ and Steamed Mixed Asian Vegetables ♥

Featured Dessert: Chocolate Pudding w/Whip Cream

Sunday, October 25th

Option 1: Pepperoni Pizza served with Antipasto Salad and Garlic Green Beans ♥

Option 2: Loaded Potato Skins w/Bacon, Cheese, Sour Cream & Chives served with Peas & Carrots ♥

Featured Dessert: Assorted Breakfast Breads with Powdered Sugar Icing

Additional Entrée Selections

Option 3: Vegetable Egg Rolls w/Plum Sauce served with Asian Slaw and Fresh Vegetables ♥

Option 4: Asian Entrée Salad - *Fresh mixed greens, grilled chicken breast, red pepper, shredded carrots, sliced almonds, mandarin oranges, and chow mein noodles.*
Served with Asian Vinaigrette on the side.

Option 5: Cheddar Tuna Melt on an English Muffin served with Fresh Vegetables ♥

*** Due to high demands of certain food products, menus are subject to change. We will notify you via e-mail with any replacements. ***

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The History of Crepes

When: Tuesday, October 20th

Where: Maples Room

Time: 1st Class - 10:00am

2nd Class - 11:00am

Chef Travis will be making Crepes Suzette!

Please be sure to sign up outside Emily's office.

