



# 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:** Wheat Roll

**Tuesday:** Sunflower Bread

**Wednesday:** French Roll

**Thursday:** Cranberry Walnut Bread

**Friday:** Hawaiian 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:** Potato, Cheddar & Bacon

**Monday:** Chicken & Homestyle Noodle **R**

**Tuesday:** Chicken & Sausage Gumbo

**Wednesday:** Cheeseburger

**Thursday:** BLT

**Friday:** Vegetarian Chili

*\*Canned reduced sodium soups also available.*

## Starters

**Three Bean Salad w/Green, Lima & Kidney Beans, Sliced Onions & Red Wine Vinaigrette** **GF**

**Italian Romaine Salad** **GF** (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

**11/15 Monday**

**Option 1:** Sautéed Seafood Pasta w/Broccolini, Mushrooms & Olive Oil Garlic Herb Sauce ♥ over Linguine Noodles

**Option 2:** French Dip Sandwich w/Au Jus served with Roasted Potato Wedges ♥ and Buttered Corn

**Featured Dessert:** Gingerbread Cake w/Butter Cream Frosting

**11/16 Tuesday**

**Option 1:** Broiled Atlantic Cod ♥ w/Lemon & Tartar Sauce on the side served with Risotto and Roasted Garlic Green Beans ♥

**Option 2:** Baked Chicken Parmesan w/Marinara Sauce over Cauliflower Rice served with Roasted Asparagus ♥

**Featured Dessert:** Warm Molasses Cookies & Ice Cream

**11/17 Wednesday**

**Option 1:** Seared Salmon w/Lemon & Chimichurri Sauce on the side served with Roasted Fingerling Potatoes ♥ and Steamed California Vegetable Medley ♥

**Option 2:** Steak Diane served with Mashed Potatoes & Pan Gravy and Roasted Tri-Colored Carrots ♥

**Featured Dessert:** Banana Coffee Cake

**11/18 Thursday**

**Option 1:** Chicken Cordon Bleu served with Dried Fruit Couscous ♥ and Buttered Peas

**Option 2:** Honey Baked Ham **GF** served with Cheesy Potatoes and Steamed Brussel Sprouts ♥

**Featured Dessert:** Peach Cobbler w/Vanilla Ice Cream

**11/19 Friday**

**Option 1:** Fried Perch w/Lemon & Tartar Sauce on the side served with Seasoned Tater Tots and Steamed Broccoli ♥

**Option 2:** Marinated Pork Chops **GF** served with a Baked Sweet Potato ♥ w/Cinnamon Butter and Braised Rainbow Swiss Chard ♥

**Featured Dessert:** Assorted Pies

## Additional Entrée Selections

**Options 3 - 6 listed on back of menu.**

# 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 & Sunday:** Mixed Fruit

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

## Soup

(Choice of One)

**Weekly:** Potato, Cheddar & Bacon

**Saturday:** Oriental Beef **R**

**Sunday:** Italian Wedding

\*Canned reduced sodium soups also  
available.

## Starters

**Three Bean Salad w/Green, Lima &  
Kidney Beans, Sliced Onions & Red  
Wine Vinaigrette** **GF**

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

**Cottage Cheese** ♥

## Ice Cream

**Vanilla**      **Coffee**

**Chocolate**    **Orange Blossom**

**NSA Butter Pecan**

## Saturday, November 20th

**Option 1:** Swedish Meatballs w/Mushroom Gravy  
over Egg Noodles served with Roasted Zucchini ♥

**Option 2:** Grilled Chicken Club on a Brioche Roll  
w/Bacon, Swiss Cheese, Lettuce, Tomato & Honey  
Mustard Sauce on the side served with French Fried  
Potatoes and Fried Mushrooms

**Featured Dessert:** Ice Cream Sandwich

## Sunday, November 21st

**Option 1:** Chilled Shrimp Cocktail ♥ **GF** w/Lemon &  
Cocktail Sauce on the side served with Mustard Potato  
Salad and Creamy Coleslaw

**Option 2:** Fried Chicken Tenders w/Ranch Dipping  
Sauce served with Mustard Potato Salad and Creamy  
Coleslaw

**Featured Dessert:** Rice Crispy Treats

## Additional Entrée Selections

**Option 3 (Vegetarian):** Rainbow Cheese Tortellini tossed  
in a Basil Pesto Sauce & topped with a Plant Based  
Chicken Breast

**Option 4:** Italian Romaine Entrée Salad **GF** - *Fresh  
romaine lettuce, grilled chicken breast, parsley, marcona  
almonds, tomato, cucumber, and parmesan cheese. Served  
with Italian dressing on the side.*

**Option 5:** Biscuits & Sausage Gravy, Scrambled Eggs and  
Fresh Fruit Garnish ♥

**Option 6:** Steamed Maine Mussels w/Lemon, White Wine  
and Garlic Butter served with Fresh Vegetables ♥

♥ 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.

Due to the limited availability of to-go containers, as well as cost and environmental concerns, we will be limiting our to-go service for residents and guests dining in. We are happy to provide your soup to-go to prevent any spilling. We encourage you to use recyclable, reusable containers for your bread, fruit, salad, entree, and dessert. For your convenience reusable, recyclable containers (1 to 4-packs) are available to purchase for \$1 in the Cafe. These can be charged to your account.

Thank you for your cooperation.