



# dinner menu

Week of November 22nd

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

## Additional Entrée Selections

Options 3 - 6 listed on back of menu.

# 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, Peaches & Fruit Cocktail 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, November 27th

**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, November 28th

**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

## Additional Entrée Selections

**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

**Option 6:** Sloppy Joe Sandwich on a Home Made Bun  
served with French Fried Potatoes and Creamy Coleslaw

♥ 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.