



Assisted Living and Medical Center Lunch Menu

December 3rd – December 9th

Managers

Food Service Director:

David Borchik

Operations Manager:

Jeanine Milano

Executive Chef:

Kwame Akram

Dietary Office 813-632-2323

Main Kitchen 813-632-2482



Watch for Mindful Menu Solutions...
Look for the Mindful icon to find your way to better nutrition.

Sunday 12/3/17

Salad:	Italian Pasta Salad
Soup:	Lentil & Sausage Soup
Entree:	Chicken Piccata Maple-Glazed Roast Pork Loin
Side Dish:	Roasted Butternut Squash with Thyme
	Southern Style Collard Greens Orzo with Sautéed Spinach & Feta
	Fresh Yellow Squash
Dessert:	Lemon Meringue Pie Fruit Cocktail

Monday 12/4/17

Salad:	Asian Cucumber and Carrot Salad
Soup:	Root Vegetable Soup
Entree:	BBQ Chicken Wings Ham & Swiss Croissant
Side Dish:	Peas and Carrots
	Baked Fries
	Broccoli Spears with Cheese Sauce
Dessert:	Apple Crisp
	Peach Slices

Tuesday 12/5/17

Salad:	Greek Side Salad
Soup:	Chicken Mulligatawny Soup
Entree:	Pasta Primavera
	Autumn Beef Stew
Side Dish:	Roasted Root Vegetables
	Lima Beans
Dessert:	Peach Pie
	Pear Slices

Wednesday 12/6/17

Salad:	Carrot Raisin Salad
Soup:	Chicken Tortilla Soup
Entree:	South of the Border Lasagna
	Charleston Crab Cakes
Side Dish:	Fried Cabbage Oven Roasted Potato Wedges
	Aztec Corn
	Fresh Zucchini & Tomatoes
Dessert:	Sweet Potato Pie Peach Slices



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Thursday 12/7/17

Salad:	Broccoli & Cavatelli Salad  
Soup:	Turkey Noodle Soup (LS) 
Entree:	Garlic & Herb Cod Fillet  Fried Chicken
Side Dish:	Southern Green Beans Hoppin' John  Roasted Sweet Potatoes 
Dessert:	Collard Greens   Chocolate Mousse with Topping   Mandarin Orange Sections  

Friday 12/8/17

Salad:	Beet, Cucumber & Onion Salad  
Soup:	Corn Chowder
Entree:	Assorted Pizza By The Slice Sloppy Joe
Side Dish:	Broccoli & Cauliflower   Rainbow Vegetable Medley  
Dessert:	Tapioca Pudding  Applesauce  

Saturday 12/9/17

Salad:	Mixed Green Salad  
Soup:	Caribbean Carrot & Sweet Potato Soup 
Entree:	Dijon Ginger Ham Tuna Noodle Casserole with Topping
Side Dish:	Steakhouse Spinach  Cheddar Mashed Potatoes  Green Beans  
Dessert:	Cream Cheese Swirl Brownies  Pineapple Chunks  



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Salad:	Italian Pasta Salad
Soup:	Lentil & Sausage Soup
Entree:	Meatball Sub Citrus Herb Tilapia
Side Dish:	Baby Carrot Herbed Potatoes Lima Beans
Dessert:	Baked Macaroni and Cheese Butter Sugar Cookie Fruit Cocktail

Monday 12/4/17

Salad:	Asian Cucumber and Carrot Salad
Soup:	Chicken Paprikash Soup
Entree:	Beef Pot Pie Grilled Cornish Hen with Dijon & Lemon
Side Dish:	Au Gratin Potatoes Wild Rice Pilaf Turnip Greens Green Beans
Dessert:	Tres Leches Cake Peach Slices

Tuesday 12/5/17

Salad:	Greek Salad
Soup:	Sausage Florentine Soup
Entree:	Broiled Rainbow Trout Polish Sausage (Kielbasa)
Side Dish:	Baked Potatoes Roasted Corn On The Cob Roasted Ratatouille Cauliflower Lemon Bar
Dessert:	Pear Slices

Wednesday 12/6/17

Salad:	Carrot Raisin Salad
Soup:	Sweet Onion & Tomato Soup
Entree:	Roasted Turkey Breast BBQ Pork Ribs
Side Dish:	Mashed Potatoes Harvard Beets Sautéed Spinach and Mushrooms
Dessert:	Vegetarian Baked Beans Iced Orange Cake Peach Slices



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Thursday 12/7/17

Salad:	Broccoli & Cavatelli Salad
Soup:	Curried Roasted Fall Vegetable Soup
Entree:	Dijon Chicken Spaghetti with Meat Sauce
Side Dish:	Garlic Bread Baked Butternut Squash Sugar Snap Peas, Frozen Jasmine Steamed Rice
Dessert:	Red Velvet Cupcakes Mandarin Orange Sections

Friday 12/8/17

Salad:	Beet, Cucumber & Onion Salad
Soup:	Broccoli Cordon Bleu Soup
Entree:	Savory Rotisserie-Style Chicken Crispy Baked Catfish
Side Dish:	Roasted Red Bliss Potatoes Peas & Pearl Onions, Frozen Baked Yellow Squash & Cheese Grilled Eggplant
Dessert:	Iced Banana Cake Applesauce

Saturday 12/9/17

Salad:	Mixed Green Salad
Soup:	Caribbean Carrot & Sweet Potato Soup
Entree:	Shepherd's Pie Cilantro Grilled Chicken Breast
Side Dish:	Steamed Fresh Broccoli Rice Pilaf Sliced Beets Tiramisu
Dessert:	Pineapple Chunks