

**John Knox Village AL & MC Menu**  
**May 2017**

**\* House Diet If There is Not A Selected Meal.**  
**Please select 1 Entrée, 2 Sides, 1 Bread and 1 Dessert**

**MONDAY LUNCH 5/1/17**

- \*Mexican Siesta Soup
- \* Soft Beef Taco
- \*Mexican Rice
- \*Roasted Peppers & Onions
- \* Banana Cream Pie

**ALTERNATE MENU**

- Black n Blue Salad*
- Baked Chicken Thighs*
- Baked Butternut Squash*
- Creamed Corn*
- Fruit Cocktail*

**MONDAY DINNER 5/1/17**

- \*Black n Blue Salad
- \*Shrimp & Grits
- \*Cornbread
- \*Okra & Tomatoes
- \*Cookies & Cream Cheesecake

**ALTERNATE MENU**

- Three Onion Soup*
- BBQ Pork Sandwich*
- Cauliflower*
- Baked Beans*
- Fruit Cocktail*

**TUESDAY LUNCH 5/2/17**

- \*Pasta Fagioli Soup
- \*Chicken Marsala
- \*Yellow Squash
- \*Couscous
- \*Chewy Chocolate Rice Krispie Bars

**ALTERNATE MENU**

- Carrot Raisin Salad*
- Bratwurst w/ Sauerkraut on Hoagie*
- Grilled Vegetables*
- Peaches*

**TUESDAY DINNER 5/2/17**



- \*Carrot Raisin Salad
- \*Spanish Paprika Strip Loin
- \*Au Gratin Potatoes
- \*California Blend
- \*Pina Colada Cake

**ALTERNATE MENU**

- Chicken Pot Pie Soup*
- Oven Baked Trout*
- Black Eyed Peas*
- Collard Greens*
- Cornbread*
- Peaches*

**WEDNESDAY LUNCH 5/3/17**

- \*Carrot Soup
- \*Almond Coconut Tilapia w/ Salsa
- \*Plantains
- \*Caribbean Blend
- \*Ice Cream

**ALTERNATE MENU**



- Asian Peanut Lo Mein Salad*
- Glazed Teriyaki Chicken Breast*
- Vegetable Fried Rice*
- Snow Peas*
- Pineapple*

**WEDNESDAY DINNER 5/3/17**

- \* Asian Peanut Lo Mein Salad
- \*Pot Roast
- \*Herbed Potatoes
- \*Broccoli
- \*M&M Brownie

**ALTERNATE MENU**

- Italian Wedding Soup*
- Eggplant Parmesan*
- Spaghetti & Marinara*
- Zucchini*
- Garlic Bread*
- Pineapple*

**THURSDAY LUNCH 5/4/17**

- \*Mediterranean Lentil Soup
- \*Greek Gyro
- \*Carrots
- \*Coconut Cream Pie

**ALTERNATE MENU**

- Waldorf Salad*
- Meatloaf*
- Mashed Potatoes*
- Parmesan Tomatoes*
- Applesauce*

**THURSDAY DINNER 5/4/17**

- \*Waldorf Salad
- \*Lemon Chicken Breast
- \*Beets
- \* Wild Rice Stuffing
- \*Fruit Jello

**ALTERNATE MENU**

- Spring Vegetable Soup*
- Liver & Onions*
- Creamed Spinach*
- Buttered Egg Noodles*
- Applesauce*

**FRIDAY LUNCH 5/5/17**



- \*Chickpea and Tortellini Soup
- \*Assorted Pizza
- \*Broccoli and Cauliflower
- \*Cream Cheese Swirl Brownie

**ALTERNATE MENU**

Caesar Salad



- Breaded Baked Cod
- Potatoes Au Gratin
- Roasted Vegetables
- Dinner Rolls
- Grapes

**FRIDAY DINNER 5/5/17**

- \*Caesar Salad
- \*Fried Chicken
- \*Herbed Potatoes
- \*Zucchini
- \*Boston Cream Pie

**ALTERNATE MENU**

- Mama's Kitchen Soup
- Baked Ziti
- Italian Green Beans
- Garlic Bread
- Grapes

**SATURDAY LUNCH 5/6/17**

- \* Beef Barley Soup
- \*Rosemary Chicken Breast
- \*Cream Potatoes
- \*Capri Vegetables
- \*Cherry Cobbler

**ALTERNATE MENU**

Spinach Salad



- Curried Lentils and Rice
- Naan Bread
- Eggplant
- Mandarin Oranges

**SATURDAY DINNER 5/6/17**

- \*Spinach Salad
- \*Pecan Encrusted Sautéed Catfish
- \* Asparagus
- \*Roll
- \*Devil's Food Cake

**ALTERNATE MENU**

Egg Drop Soup



- Thai Citrus Beef Stir Fry
- Vegetable Blend
- Jasmine Rice
- Mandarin Oranges

**SUNDAY LUNCH 5/7/17**

- \*Cauliflower Cheese Soup
- \* Smothered Pork Chops
- \*Scalloped Potatoes
- \*Broccoli
- \*Dinner Roll
- \*Banana Pudding

**ALTERNATE MENU**

Caesar Salad

- Penne Pasta with Grilled Sausage
- Carrots
- Dinner Roll
- Pineapple

**SUNDAY DINNER 5/7/17**

- \*Caesar Salad
- \*Original Rotisserie Chicken Quarters
- \*Couscous
- \* Green Beans
- \*Dinner Roll
- \*Spice Cake

**ALTERNATE MENU**

- Cauliflower Cheese Soup
- Egg Salad On Croissant
- Coleslaw Salad
- Lettuce, Sliced Tomatoes
- Pineapple


**MONDAY LUNCH 5/8/17**

- \*Cream of Asparagus
- \*Sloppy Joe
- \*Zucchini
- \*Cherry Pie

**ALTERNATE MENU**

- Country Style Potato Salad
- Chicken Fettuccine w/ Alfredo Sauce
- Garlic Bread Sticks
- Eggplant
- Pears

**MONDAY DINNER 5/8/17**

- \*Country Style Potato Salad
-  \*Broiled Salmon
- \*Orzo with Sautéed Spinach & Feta
- \*Cauliflower
- \*Corn Muffin

**ALTERNATE MENU**

- \*Baked Cinnamon Apples
- 6 Bean Soup
- Meatloaf
- Corn
- Italian Blend Vegetables
- Assorted Dinner Rolls
- Pears

**TUESDAY LUNCH 5/9/17**

- \*Cream of Broccoli
- \*All Beef Hot Dogs
- \*Baked Sweet Potato Fries
- \*Mixed Vegetables
- \*Ice Cream

**ALTERNATE MENU**

*Southwest Mixed Bean Salad*



*Cheese Enchiladas*

*Mexican Rice*

*Grilled Peppers and Onions*

*Fruit Cocktail*

**TUESDAY DINNER 5/9/17**

- \*Southwest Mixed Bean Salad
- \*Chicken Marsala
- \*Egg Noodles
- \*Turnip Greens
- \*Dinner Roll

\*Banana Cream Pie

**ALTERNATE MENU**

*Italian Vegetable Soup*

*Meat Lasagna*

*Broccoli*

*Bread Sticks*

*Fruit Cocktail*

**WEDNESDAY LUNCH 5/10/17**

- \*French Onion Soup
- \*Beef Burgundy over Basmati Rice
- \* Green Peas
- \*Dinner Roll

\*German Chocolate Cake

**ALTERNATE MENU**

*Carrot Raisin Salad*

*Honey BBQ Chicken Sandwich*

*California Blend*

*Applesauce*

**WEDNESDAY DINNER 5/10/17**

- \*Carrot Raisin Salad
- \*Brown Sugar Peach Glazed Ham
- \*Macaroni & Cheese
- \*Dinner Roll

\*Green Beans

\*Peach Blueberry Crumble

**ALTERNATE MENU**

*Canadian Cheese Soup*

*Baked Breaded Shrimp*

*Balsamic Roasted Vegetables*

*Quinoa*

*Applesauce*

**THURSDAY LUNCH 5/11/17**

- \*Chicken Noodle Soup
- \*Tator Tot Casserole
- \* Mixed Vegetables
- \*Chocolate Cream Pie

**ALTERNATE MENU**

*Asian Slaw*

*Thai BBQ Cornish Hen*

*Thai Rice Noodles*

*Bok Choy*

*Roti Bread*

*Peaches*

**THURSDAY DINNER 5/11/17**

- \*Fiji Fruit Salad
- \*Chicken Cordon Bleu
- \* Roasted Red Potatoes
- \*Broccoli

\* Coconut Pineapple Rice Pudding

**ALTERNATE MENU**

*Corn & Sweet Potato Soup*



*Baked Mahi-Mahi*

*Plantains*

*Caribbean Vegetables*

*Peaches*

**FRIDAY LUNCH 5/12/17**

- \*Creamy Vegetable Soup
- \*Pizza by the slice
- \*Zucchini
- \*Apple Cobbler

**ALTERNATE MENU**

*Summer Green Salad*

*Herbed Crusted Pork Loin*

*Au Gratin Potatoes*

*Green Peas*

*Tropical Fruit*

**FRIDAY DINNER 5/12/17**

- \*Summer Green Salad
- \*Cajun Chicken and Crawfish
- \*Jasmine Rice
- \*Okra

\*Garlic Bread

\*Pound Cake

**ALTERNATE MENU**

*Asparagus and Mushroom Soup*

*Farmer's Pot Roast*

*Parsley Potatoes*

*Celery, Carrots, and Onions*

*Dinner Roll*

*Tropical Fruit*

**SATURDAY LUNCH 5/13/17**

- \*Split Pea w/ Ham Soup
- \*Chicken Piccata
- \*Fettuccini Pasta
- \*Dinner Roll
- \*Carrots

\*Chocolate Fudge Cake

**ALTERNATE MENU**

- Spinach Salad*
- Teriyaki Pork Stir Fry*
- Brown Rice*
- Broccoli Florets*
- Mandarin Oranges*

**SATURDAY DINNER 5/13/17**

- \*Spinach Salad
- \*Tuscan cod
- \*O'Brien Potatoes
- \*Mixed Vegetables
- \*Dinner Roll
- \*Key Lime Pie

**ALTERNATE MENU**

- Leek & Carrot Soup*
- Dijon Herb Roasted Leg of Lamb*
- Couscous*
- Asparagus Tips*
- Dinner Roll*
- Mandarin Oranges*

**Mother's Day Lunch 5/14/17**

- \*Butternut Squash Soup
- \* Roasted Herbed Prime Rib
- \*Cheddar Mashed Potatoes
- \*Broccoli
- \*Dinner Roll
- \*Peach Crisp

**ALTERNATE MENU**

- Waldorf Salad*
- Cornish Hen*
- Wild Rice*
- Asparagus Tips*
- Dinner Roll*
- Fruit Cocktail*

**SUNDAY DINNER 5/14/17**



- \*Waldorf Salad
- \*Vegetarian Paella with Edamame
- \*Brown Rice
- \*Green Beans
- \*Coconut Cream Pie


**ALTERNATE MENU**

- Butternut Squash Soup*
- Ham & Cheese Sandwich On Ciabatta*
- Capri Vegetables*
- Fruit Cocktail*

**MONDAY LUNCH 5/15/17**

- \*Cream Of Broccoli Soup
- \*Chicken Spaghetti
- \*Herb Breadsticks
- \*Parmesan Tomato
- \* Chocolate Pudding

**ALTERNATE MENU**

- Tossed Salad*
-  *Jerk Pork w/ Mango Salsa*
- Red Beans and Rice*
- Zucchini*
- Cornbread*
- Applesauce*

**MONDAY DINNER 5/15/17**

- \*Tossed Salad
- \*Country Fried Steak
- \*Mashed Potatoes
- \*Peas & Pearl Onions
- \*Cheese Cake

**ALTERNATE MENU**

- Chicken Ditalini Soup*
- Crab Imperial Stuffed Flounder*
- Wild Rice*
- Lima Beans*
- Applesauce*

**TUESDAY LUNCH 5/16/17**

- \*Chicken Noodle Soup
- \*Meatloaf
- \*Baked Mashed Potatoes & Sour Cream
- \* Sugar Snap Peas
- \*Pineapple Upside-down Cake

**ALTERNATE MENU**

- Spinach Orange Blueberry Salad*
- Bistro Turkey Sandwich on Wheat*
- Vegetable Blend*
- Peach Slices*



**TUESDAY DINNER 5/16/17**

- \*Spinach Orange Blueberry Salad
- \*Stuffed Shells w/ Marinara Sauce
- \*Garlic Bread
- \*Spinach
- \*Blueberry Cobbler

**ALTERNATE MENU**

- Michigan White Bean Soup*
- Baked Crispy Garlic Ginger Chicken Wings*
- French Baked Potato Wedges*
- Home-Style Vegetables*
- Cornbread*
- Peach Slices*

**WEDNESDAY LUNCH 5/17/17**

-  \*Italian Wedding Soup
-  \*Lemon Dill Haddock
- \*Asparagus
- \*Brown Rice
- \* Dinner Roll
- \*Lemon Poppy Seed Cake

**ALTERNATE MENU**

- Caesar Salad*
- Cheeseburger w/ Lettuce & Tomato*
- Mixed Vegetables*
- Mandarin Oranges*



**WEDNESDAY DINNER 5/17/17**

- \*Caesar Salad
- \*Balsamic Herb Turkey
- \*Apple Cranberry Stuffing
- \*Broccoli
- \*Dinner Roll
- \*Cherry Pie

**ALTERNATE MENU**

- Eggplant Parmesan Soup*
- Italian Sausage with Onions & Peppers*
- Italian Mixed Vegetables*
- Garlic Bread*
- Mandarin Oranges*

**THURSDAY LUNCH 5/18/17**

-  \*Potato and Leek Soup
-  \*Basil and Chive Chicken Breast
- \*Baked Artichoke & Tomato Bowtie Pasta
- \*Snap Peas
- \*Dinner Rolls
- \*Apple Butterscotch Tart

**ALTERNATE MENU**

- Coleslaw*
- Philly Steak Sandwich*
- Southern Green Beans*
- Tropical Fruit*

**THURSDAY DINNER 5/18/17**

- \*Coleslaw
- \*BBQ Ribs
- \*Corn
- \*Carrots
- \* Assorted Rolls
- \*Pineapple Cherry Bread Pudding

**ALTERNATE MENU**

- Beef Barley Soup*
- Broiled Cod*
- Ratatouille*
- Citrus Couscous*
- Tropical Fruit*

**FRIDAY LUNCH 5/19/17**

- \*Pasta Fagioli Soup
- \*Assorted Pizza
- \*Broccoli
- \* Blueberry Cheesecake Bars

**ALTERNATE MENU**

- Pineapple Cucumber Salad*
- Chicken Fajitas*
- Aztec Rice Blend*
- Mexican Medley Vegetables*
- Pears*



**FRIDAY DINNER 5/19/17**

- \*Pineapple Cucumber Salad
- \*Apple Ginger Pork Chop
- \*Roasted Red Potatoes
- \*Green Beans
- \*Sponge Cake With Fruit Topping

**ALTERNATE MENU**

- Artichoke & Spinach Soup*
- Turkey & Butternut Squash Bake*
- Green Peas*
- Roasted Spice Apples*
- Pears*

**SATURDAY LUNCH 5/20/17**

-  \*Lentil w/Sausage Soup
-  \*Chicken Stir Fry with Blood Orange Sauce
- \*Brown Rice
- \*Cantonese Vegetables
- \*Chocolate Brownie

**ALTERNATE MENU**

- Corn Cherry Tomato Arugula Salad*
- Grilled Fish Sandwich*
- Carrots*
- Baked Tater Tots*
- Pineapple*

**SATURDAY DINNER 5/20/17**

- \*Corn Cherry Tomato Arugula Salad
- \*Chicken Kiev
- \*Egg Noodles
- \*Turnip Greens
- \*Garlic Bread
- \*Peach Pie

**ALTERNATE MENU**

- Portuguese Bean Soup*
- Salisbury Steak*
- Mashed Potatoes*
- Italian Blend Vegetables*
- Assorted Rolls*
- Pineapple*



**SUNDAY LUNCH 5/21/17**

- \*Cauliflower Cheddar Soup
- \*Baked Mahi w/ Lemon Dill Sauce
- \*Oven Roasted Potatoes
- \*Caribbean Vegetable Mix
- \*Dinner Roll
- \*Lemon Meringue Pie

**ALTERNATE MENU**

- Caesar Salad
- Eggplant Parmesan
- Baked Ziti with Marinara Sauce
- Napa Valley Vegetables
- Fruit Cocktail

**SUNDAY DINNER 5/21/17**



- \*Caesar Salad
- \*Apricot Glazed Turkey
- \*Cornbread Stuffing
- \*Carrots
- \*Pina Colada Pudding Cup

**ALTERNATE MENU**

- Cauliflower Cheddar Soup
- Roast Beef & Swiss on Rye Bread
- Roasted Veg in Rosemary Marinade
- Fruit Cocktail

**MONDAY LUNCH 5/22/17**

- \*Chili Con Carne Soup
- \*BBQ Chicken Breast
- \*Cauliflower
- \*Pudding Corn
- \*Cookie of the Day

**ALTERNATE MENU**

- Beet, Cucumber ,Onion Salad
- Mediterranean Cod Fish
- Orzo with Lemon and Herbs
- Garlic Broccoli
- Tropical Fruit

**MONDAY DINNER 5/22/17**

- \*Beet, Cucumber ,Onion Salad
- \*Baked Stuffed Pork Chops
- \*Baked Macaroni & Cheese
- \*Asparagus
- \*Peach Crisp

**ALTERNATE MENU**



- Split Pea Soup
- Broccoli & Beef Stir Fry
- Jasmine Rice
- Bok Choy
- Tropical Fruit

**TUESDAY LUNCH 5/23/17**

- \*Baked Potato Soup
- \*Braised Pork Shoulder
- \*Oven Roasted Potatoes
- \*Vegetable Blend
- \*Iced Yellow Cake

**ALTERNATE MENU**

- Cucumber Salad
- West Coast Chicken Sandwich
- Carrots
- Applesauce

**TUESDAY DINNER 5/23/17**

- \*Cucumber Salad
- \*Meatball Sub
- \*Seasoned Green Beans
- \*Cherry Cobbler

**ALTERNATE MENU**

- Cream Of Celery Soup
- Baked Pollock
- Citrus Couscous
- Creamed Spinach
- Cornbread
- Applesauce

**WEDNESDAY LUNCH 5/24/17**

- \*6 Bean Soup
- \*Hot Ham & Brie Croissant
- \*Broccoli
- \*Apple Pie

**ALTERNATE MENU**

- Marinated Bean Salad
- Chicken & Sausage Jambalaya
- Roasted Vegetables
- Multigrain Roll
- Pineapple

**WEDNESDAY DINNER 5/24/17**

- \*Marinated Bean Salad
- \*Beef Burgundy
- \*Egg Noodles
- \*Southern Greens
- \*Dinner Roll

- \*Butterscotch Pudding

**ALTERNATE MENU**

- Italian Vegetable Soup
- Apple Almond Chicken Salad Plate
- Lettuce Tomato w/ Crackers
- Roasted Veg in Rosemary Marinade
- Pineapple

**THURSDAY LUNCH 5/25/17**

- \* Chunky Cream of Potato Soup
- \*Turkey A La King  
-over Biscuit
- \*Parmesan Tomatoes
- \*Oreo Brownie

**ALTERNATE MENU**

*Tossed Salad*

*Monterey Black Bean Burger*  
*Summer Slaw*  
*Mandarin Oranges*



**THURSDAY DINNER 5/25/17**

- \*Tossed Salad
- \*Beef Pot Pie
- \*Roasted Red Potatoes
- \*Broccoli, Cauliflower, & Carrots
- \*Key Lime Pie

**ALTERNATE MENU**

*Cream of Mushroom Soup*  
*Shrimp Etouffee*  
*Basmati Rice*  
*Zucchini*  
*Mandarin Oranges*

**FRIDAY LUNCH 5/26/17**

- \*Tuscan Seven Vegetable Soup
- \*Assorted Pizza
- \*Mixed Vegetables
- \*Lemon Cheesecake Bar

**ALTERNATE MENU**

*Cole Slaw*  
*Country Fried Steak*  
*Whipped Potatoes*  
*Succotash*  
*Fruit Cocktail*



**FRIDAY DINNER 5/26/17**

- \*Cole Slaw
- \*Dijon Pork Tenderloin
- \*Scalloped Potatoes
- \*Collard Greens
- \*Cornbread
- \*Blueberry Pie

**ALTERNATE MENU**

*Vegetable Beef Soup*  
*Herb Crusted Tilapia*  
*Sliced Carrots*  
*Citrus Couscous*  
*Dinner Roll*  
*Fruit Cocktail*



**SATURDAY LUNCH 5/27/17**

- \* Senate Bean Soup
- \*Charleston Crab Cakes
- \*Broccoli
- \*Corn
- \*Pineapple Upside Down Cake

**ALTERNATE MENU**

*Mixed Green Salad*  
*BBQ Beef Sandwich*  
*Cauliflower*  
*Grapes*

**SATURDAY DINNER 5/27/17**

- \*Mixed Greens Salad
- \*Lemon Curry Chicken Breast
- \*Rice Pilaf
- \*Sautéed Vegetables
- \*Naan
- \*Confetti Cake

**ALTERNATE MENU**

*Butternut Squash Soup*  
*Spaghetti and Meatballs*  
*Garlic Bread*  
*Italian Green Beans*  
*Grapes*

**SUNDAY LUNCH 5/28/17**

- \*Asparagus Leek & Mushroom Soup
- \*Char Siu Pork
- \*Jasmine Rice
- \*Snow Peas
- Dinner Roll
- \*Apple Cobbler

**ALTERNATE MENU**

*Spinach Salad*  
*Macadamia Crusted Mahi Mahi*  
*Chive Mashed Potatoes*  
*Roasted Vegetables*  
*Dinner Roll*  
*Pineapple*



**SUNDAY DINNER 5/28/17**

- \* Spinach Salad
  - \*Stuffed Bell Pepper
  - \*Roasted Red Potatoes
  - \*Capri Vegetables
  - \*Banana Cream Pie
- ALTERNATE MENU**
- Asparagus, Leek & Mushroom Soup*  
*Grilled Cheese Sandwich*  
*Green Beans*  
*Pineapple*

**MONDAY LUNCH 5/29/17**

- \*Minestrone Soup
- \*Bistro Turkey Burger
- \*Carrots
- \*Iced Orange Cake

**ALTERNATE MENU**

Tomato, Onion & Green Pepper Salad



Pretzel Crusted Salmon

Brown Rice

Spinach

Dinner Roll

Peaches

**MONDAY DINNER 5/29/17**

- \*Tomato, Onion & Green Pepper Salad
- \*Moroccan Lemon Chicken w/ Mango
- \*Cous Cous
- \*Roasted Cauliflower (with parsley)
- \*Naan bread
- \*Cherry Crisp

**ALTERNATE MENU**

Harvest Broccoli Soup

Vegetable Lasagna w/ Garlic Bread

Italian Vegetables

Peaches

**TUESDAY LUNCH 5/30/17**

- \*Cream Of Spinach Soup
- \*Beef Fajitas w/Pepper & Onions
- \*Pinto Beans
- \*Aztec Vegetables
- \*Tapioca Pudding

**ALTERNATE MENU**

Macaroni Salad

Honey BBQ Chicken Tenders

Green Beans

Cornbread

Tropical Fruit

**TUESDAY DINNER 5/30/17**

- \* Macaroni Salad
- \*Roasted Leg of Lamb with Mint Jelly
- \*Roasted Garlic Mashed Potatoes
- \*Broccoli
- \*Cookies

**ALTERNATE MENU**

Vegetable Soup

Cod Florentine

Polenta Cake

Snap Peas

Dinner Roll

Tropical Fruit

**WEDNESDAY LUNCH 5/31/17**

- \*French Onion Soup
- \*French Dip
- \*Peas & Carrots
- \*Jello

**ALTERNATE MENU**

Carrot Raisin Salad



Orange Glazed Pork Medallions

Fried Rice

Japanese Egg Plant

Applesauce

**WEDNESDAY DINNER 5/31/17**

- \*Carrot Raisin Salad
- \*Chicken A La King over Biscuit
- \*California Blend
- \*Bread Pudding With Carmel Sauce

**ALTERNATE MENU**

Corn & Sweet Potato Soup

Herb Crusted Tilapia

Wild Rice

Grilled Yellow Squash

Applesauce



= Mindful Item (lower in calories, lower in salt, higher in protein)



= Vegetarian Item