

August 13th – August 19th

AL/MC Regular Menu

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

SUNDAY LUNCH 8/13/17

- *Cream Of Broccoli Soup
- *Top Round
- *Creamy Potatoes
- *Mixed Vegetables
- *Garlic Bread
- *Apple Crisp

ALTERNATE MENU

- Garden Salad*
- Stuffed Flounder*
- Macaroni and Cheese*
- Mustard Greens*
- Roll*
- Pears*

SUNDAY DINNER 8/13/17



- *Garden Salad
- *Brazilian Chicken Breast
- *Red Beans and Rice
- *Rainbow Vegetable Medley
- *Cornbread
- *Cookie Of The Day

ALTERNATE MENU

- Cream Of Broccoli*
- Grilled Ham and Cheese Sandwich*
- Green Beans*
- Pears*

MONDAY LUNCH 8/14/17

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

ALTERNATE MENU

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

MONDAY DINNER 8/14/17

- *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 8/15/17

- *Pasta Fagioli Soup
- *Chicken Marsala
- *Yellow Squash
- *Egg Noodles
- *Chewy Chocolate Rice Krispy Bars

ALTERNATE MENU

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

TUESDAY DINNER 8/15/17



- *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 8/16/17



- *Carrot Soup
- *Glazed Teriyaki Chicken Breast
- *Vegetable Fried Rice
- *Snow Peas
- *Ice Cream

ALTERNATE MENU

- Three Bean Salad*
- Coconut Tilapia w/ Kiwi Mango Salsa*
- Plantains*
- Caribbean Blend*
- Pineapple*

WEDNESDAY DINNER 8/16/17

- * Three Bean Salad
- *Pot Roast
- *Herbed Potatoes
- *Broccoli
- *M&M Brownie

ALTERNATE MENU

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

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THURSDAY LUNCH 8/17/17

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

ALTERNATE MENU

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

THURSDAY DINNER 8/17/17

- *Waldorf Salad
- *Lemon Chicken Breast
- *Beets
- * Wild Rice
- *Fruit Jell-O

ALTERNATE MENU

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

FRIDAY LUNCH 8/18/17



- *Chickpea and Tortellini Soup
- *Assorted Pizza
- *Cauliflower

- *Cream Cheese Swirl Brownie

ALTERNATE MENU

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

FRIDAY DINNER 8/18/17

- *Caesar Salad
- *Fried Chicken
- *Herbed Potatoes
- *Collard Greens
- *Boston Cream Pie

ALTERNATE MENU

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

SATURDAY LUNCH 8/19/17

- * Beef Barley Soup
- *Rosemary Chicken Breast
- *Roasted Red Potatoes
- *Capri Vegetables
- *Cherry Cobbler


ALTERNATE MENU

- Spinach Salad
- Cuban Mojo Pork
- Yellow Rice with Black Beans
- Broccoli
- Mandarin Oranges

SATURDAY DINNER 8/19/17

- *Spinach Salad
- *Pecan Encrusted Sautéed Catfish
- * Asparagus
- *Corn
- *Roll

ALTERNATE MENU

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



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



= Vegetarian Item