

**John Knox Village AL & MC Menu**

**WEEK 1**

January 29 –February 4

**SUNDAY LUNCH**

Cream of Mushroom Soup  
Apricot Glazed Ham  
Anne’s Corn Pudding  
Spinach  
Pumpkin Pie

**ALTERNATE MENU**

*Dijon Potato Salad*  
*Herb Roasted Top Round*  
*Tri-Colored Pasta*  
*Broccoli*  
*Assorted Dinner Rolls*  
*Sliced Apples*

**MONDAY LUNCH**

Italian Wedding Soup  
Baked Chicken Wings  
Baked Beans  
Cauliflower  
Cherry Pie

**ALTERNATE MENU**

*Broccoli Salad*



*Roast Beef Panini w/ Cherry Pepper Relish*  
*Beets*  
*Pears*

**TUESDAY LUNCH**



Tortilla Soup  
Cheese Enchiladas  
Mexican Medley  
Corn  
Tapioca Pudding


**ALTERNATE MENU**

*Caesar Salad*  
*Fruit Cocktail*  
*BBQ Chicken Breast*  
*Baked Sweet Potato Fries*  
*Vegetable Blend*

**WEDNESDAY LUNCH**

Cream of Broccoli Soup  
Basil & Chive Chicken  
Macaroni & Cheese  
Green Beans  
Pecan Pie

**ALTERNATE MENU**

*Marinated Vegetable Salad*  
 *French Dip Au Jus*  
*Green Peas*  
*Applesauce*

**\* House Diet If There is Not A Selected Meal.**

**Please select 1 Entrée, 2 Sides, 1 Bread and 1 Dessert**

**SUNDAY DINNER**

Dijon Potato Salad  
Parmesan Crusted Tilapia  
Brown Rice  
Green Beans  
Butterscotch Pudding

**ALTERNATE MENU**

*Cream of Mushroom Soup*  
*Grilled Turkey and Swiss on Wheat*  
*Carrots*  
*Sliced Apples*

**MONDAY DINNER**

Broccoli Salad  
Broiled Salmon  
Citrus Couscous  
Turnip Greens  
Corn Muffin

*Pineapple Upside Down Cake*

**ALTERNATE MENU**

*Seafood Chowder Soup*  
*Stuffed Cabbage*  
*Skillet Sweet Potatoes*  
*Mixed Vegetables*  
*Pears*

**TUESDAY DINNER**

Caesar Salad  
Meat Lasagna w/ Marinara Sauce  
Italian Vegetables  
Bread Sticks  
Tiramisu


**ALTERNATE MENU**

*French Onion Soup*  
*Anise Roasted Pork Loin with Figs and Apples*  
*Rutabaga*  
*Seasoned Zucchini*  
*Fruit Cocktail*

**WEDNESDAY DINNER**

Marinated Vegetable Salad  
Pot Roast with Vegetable Gravy  
Egg Noodles  
Red Cabbage with Apples  
Cheesecake

**ALTERNATE MENU**

*Carrot Soup*  
 *Grilled Key West Tilapia*  
*Broccoli*  
*Brown Rice*  
*Applesauce*

<p><b>John Knox Village AL &amp; MC Menu</b>  <b>WEEK 1</b>  1/29/17-2/4/17</p>	<p><b>* House Diet If There is Not A Selected Meal.</b>  <b>Please select 1 Entrée, 2 Sides, 1 Bread and 1 Dessert</b></p>
<p><b><u>THURSDAY LUNCH</u></b>  Chicken Noodle Soup  Roasted Turkey  Whipped Potatoes  Green Bean Casserole  Pumpkin Pie  <b><u>ALTERNATE MENU</u></b>  <i>Southwest Black Bean Salad</i>  <i>Carolina Pulled Pork Loaded Potato</i>  <i>Fresh Grilled Vegetables</i>  <i>Assorted Dinner Rolls</i>  <i>Peaches</i></p>	<p><b><u>THURSDAY DINNER</u></b>  Southwest Black Bean Salad  Veal Marsala  Gnocchi  Beets  Yellow Cake with Icing  <b><u>ALTERNATE MENU</u></b>  <i>Tomato Soup</i>  <i>Baha Mahi Mahi</i>  <i>Plantains</i>  <i>Caribbean Vegetables</i>  <i>Wheat or Assorted Dinner Rolls</i>  <i>Peaches</i></p>
<p><b><u>FRIDAY LUNCH</u></b>  Creamy Vegetable Soup  Pizza Slice  Zucchini  Peach Cobbler  <b><u>ALTERNATE MENU</u></b>  <i>Tossed Salad</i>  <i>Salisbury Steak</i>  <i>Mashed Potatoes</i>  <i>Green Beans</i>  <i>Tropical Fruit</i></p>	<p><b><u>FRIDAY DINNER</u></b>  Tossed Salad  Seafood Newburg  Fettucine  Vegetable Blend  Angel Food Cake  <b><u>ALTERNATE MENU</u></b>  <i>Cream of Asparagus Soup</i>  <i>Bourbon Pork Chop</i>  <i>Parsley Potatoes</i>  <i>Broccoli Casserole</i>  <i>Tropical Fruit</i></p>
<p><b><u>SATURDAY LUNCH</u></b>  Split Pea w/ Ham Soup  Chicken Piccata  Fettucine Pasta  Carrots  Frosted Chocolate Cake  <b><u>ALTERNATE MENU</u></b>  <i>Carrot Raisin Salad</i>  <i>Sweet &amp; Sour Pork</i>  <i>Fried Rice</i>  <i>Cantonese Vegetables</i>  <i>Mandarin Oranges</i></p>	<p><b><u>SATURDAY DINNER</u></b>  Carrot Raisin Salad  Roasted Top Round  O'Brien Potatoes  Ratatouille  Bread Pudding with Caramel Sauce  <b><u>ALTERNATE MENU</u></b>  <i>Creamy Corn Chowder Soup</i>  <i>Tuscan Cod</i>  <i>Golden Rice Pilaf</i>  <i>Mixed Vegetables</i>  <i>Mandarin Oranges</i></p>

**John Knox Village AL & MC Menu**

WEEK 2

February 5<sup>th</sup> – February 11<sup>th</sup>

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

**SUNDAY LUNCH**

Butternut Squash Soup  
Pork Loin  
Cheddar Bacon Mashed Potatoes  
Roasted Vegetables  
Sweet Potato Pie

**ALTERNATE MENU**

*Spinach Salad*  
*Parmesan Crusted Swai*  
*Rice Pilaf*  
*Beets*  
*Fruit Cocktail*

**SUNDAY DINNER**

Spinach Salad  
Smothered Baked Chicken Quarters  
Baked Sweet Potatoes  
Green Beans  
Chocolate Pudding

**ALTERNATE MENU**

*Butternut Squash Soup*  
*Ham and Provolone Loafer Sandwich*  
*Carrots*  
*Fruit Cocktail*

**MONDAY LUNCH**

Cream Of Broccoli Soup  
Chiofaro Turkey Sauté  
-over Fettucine Pasta  
Italian Blend Vegetables  
Herb Breadsticks  
Lemon Meringue Pie

**ALTERNATE MENU**

*Coleslaw*  
*Black Beans and Corn Sauce*  
*Brown Rice*  
*Grilled Peppers and Onions*  
*Applesauce*

**MONDAY DINNER**

Coleslaw  
Swedish Meatballs  
Egg Noodles  
Peas & Pearl Onions  
Cinnamon Streusel Cake

**ALTERNATE MENU**

*Beef Stroganoff Soup*  
*Crab Imperial Stuffed Flounder*  
*Rosemary Potatoes*  
*Lima Beans*  
*Applesauce*

**TUESDAY LUNCH**

Pumpkin Coconut Soup  
Meatloaf  
Macaroni & Cheese  
Collard Greens  
German Chocolate Cake

**ALTERNATE MENU**

*Mixed Green Salad*  
*Turkey Avocado Ciabatta Sandwich*  
*Roasted Veg in Rosemary Marinade*  
*Peaches*

**TUESDAY DINNER**

Mixed Green Salad  
Italian Sausage and Peppers w/Linguini  
Italian Green Beans  
Garlic Bread  
Banana Pudding

**ALTERNATE MENU**

*Michigan White Bean Soup*  
*Chicken Savona*  
*Scalloped Potatoes*  
*Brussel Sprouts*  
*Peaches*

**WEDNESDAY LUNCH**

Vegetable Soup  
Cheeseburger w/ Lettuce & Tomato  
California Blend  
Jello Parfait

**ALTERNATE MENU**

*Caesar Salad*  
*Tandoori Chicken*  
*Saffron Rice*  
*Eggplant*  
*Naan*  
*Mandarin Oranges*


**WEDNESDAY DINNER**

Caesar Salad  
Bourbon Pecan Crusted Catfish  
Rice Medley  
Zucchini  
Oreo Cheesecake

**ALTERNATE MENU**

*Split Pea Soup*  
*Baked Spaghetti with Meatballs*  
*Italian Blend Vegetables*  
*Garlic Bread*  
*Mandarin Oranges*

<p><b>John Knox Village AL &amp; MC Menu</b>  WEEK 2  February 5<sup>th</sup> – February 11<sup>th</sup></p>	<p><b>** House Diet If There is Not A Selected Meal.</b>  Please select 1 Entrée, 2 Sides, 1 Bread and 1 Dessert</p>
<p><b><u>THURSDAY LUNCH</u></b>  Corn Chowder Soup  Roasted Turkey  Sage Stuffing  Baby Carrots  Assorted Rolls  Fruit Yogurt Parfait  <b><u>ALTERNATE MENU</u></b>  Waldorf Salad  Philly Steak Sandwich  Southern Green Beans  Tropical Fruit</p>	<p><b><u>THURSDAY DINNER</u></b>  Waldorf Salad  BBQ Baby Back Ribs  Parsnip Whipped Potatoes  Mixed Vegetables  Assorted Rolls  Lemon Bar  <b><u>ALTERNATE MENU</u></b>   Lentil Soup  Mushroom Cheese Strata  Zucchini  Confetti Couscous  Tropical Fruit</p>
<p><b><u>FRIDAY LUNCH</u></b>  Pasta Fagioli Soup  Assorted Pizza Slice  Broccoli  Blueberry Pie  <b><u>ALTERNATE MENU</u></b>  Tossed Salad  Baked Cod  Brown Rice  Succotash  Pears</p>	<p><b><u>FRIDAY DINNER</u></b>  Tossed Salad  Beef Soft Tacos  Corn  Mexican Medley  Angel Food Cake  <b><u>ALTERNATE MENU</u></b>  Tortilla Soup  Chicken Marsala  Aztec Rice Blend  Glazed Beets  Pears</p>
<p><b><u>SATURDAY LUNCH</u></b>  Navy Bean Soup  Baked Stuffed Pork Chop w/ Country Gravy  Baked Potato  Carrots  Chocolate Brownie  <b><u>ALTERNATE MENU</u></b>   Balsamic Zucchini and Pepper Salad  Thai Red Curry Chicken Salad Wrap  Egg Plant  Pineapple</p>	<p><b><u>SATURDAY DINNER</u></b>  Balsamic Zucchini and Pepper Salad  Shrimp Au Gratin  with Fettuccini  Sautéed Spinach  Garlic Bread  Apple Cobbler  <b><u>ALTERNATE MENU</u></b>  Chicken Cacciatore Soup  Swiss Steak  Mashed Potatoes  Italian Blend Vegetables  Assorted Rolls  Pineapple</p>

<b>John Knox Village AL &amp; MC Menu</b> WEEK 3 February 12-February 18	<b>** House Diet If There is Not A Selected Meal.</b> Please select 1 Entrée, 2 Sides, 1 Bread and 1 Dessert
<p align="center"><b><u>SUNDAY LUNCH</u></b></p> Broccoli Cheddar Soup Baked Haddock w/ Fruit Chutney Oven Roasted Potatoes Caribbean Vegetable Mix Peach Crisp <p align="center"><b><u>ALTERNATE MENU</u></b></p> Caesar Salad Chicken Pesto Pasta Beets Bread Stick Pears	<p align="center"><b><u>SUNDAY DINNER</u></b></p> Caesar Salad Beef Stroganoff Egg Noodles French Green Beans German Chocolate Cake <p align="center"><b><u>ALTERNATE MENU</u></b></p> Broccoli Cheddar Soup Tuna Salad Croissant Carrots Pears
<p align="center"><b><u>MONDAY LUNCH</u></b></p> Black Bean Soup Herb Roasted Chicken Breast Gnocchi Garlic Broccoli Coconut Cream Pie <p align="center"><b><u>ALTERNATE MENU</u></b></p> Cabbage Tomato Slaw Cod Fish w/ Lemon Basil Sauce Orzo Cauliflower & Cheese Tropical Fruit	<p align="center"><b><u>MONDAY DINNER</u></b></p> Cabbage Tomato Slaw Autumn Vegetables and Pork Chop Creamed Corn Asparagus Butterscotch Pudding <p align="center"><b><u>ALTERNATE MENU</u></b></p> Lentil Soup  Thai Citrus Beef Stir Fry Jasmine Rice Asian Vegetables Tropical Fruit
<p align="center"><b><u>TUESDAY LUNCH</u></b></p> Tomato Soup Italian Sausage Au Gratin Potatoes Creamed Spinach Lemon Square <p align="center"><b><u>ALTERNATE MENU</u></b></p> Cucumber Salad  White Bean Chicken Chili Bread Bowl Zucchini Applesauce	<p align="center"><b><u>TUESDAY DINNER</u></b></p> Cucumber Salad Corned Beef Brisket Parsley Potatoes Sautéed Cabbage Chocolate Cream Pie <p align="center"><b><u>ALTERNATE MENU</u></b></p> Cream Of Celery Soup Hawaiian Pollock Rice Pilaf Carrots Applesauce
<p align="center"><b><u>WEDNESDAY LUNCH</u></b></p> Vegetable Barley Soup Veal Parmesan Linguini with Marinara Sauce Brussels Sprouts Garlic Bread Blondie Bar <p align="center"><b><u>ALTERNATE MENU</u></b></p>  Corn Cherry Tomato Arugula Salad Curried Rice and Lentils Roasted Vegetables Naan Bread Pineapple	<p align="center"><b><u>WEDNESDAY DINNER</u></b></p> Corn Cherry Tomato Arugula Salad Baked Ham Baked Beans Southern Greens Cornbread Black Forest Cake <p align="center"><b><u>ALTERNATE MENU</u></b></p> Italian Vegetable Soup Chicken & Dumplings Sugar Snap Peas Pineapple

<p><b>John Knox Village AL &amp; MC Menu</b>  WEEK 3  February 12-February 18</p>	<p><b>** House Diet If There is Not A Selected Meal.</b>  Please select 1 Entrée, 2 Sides, 1 Bread and 1 Dessert</p>
<p><b><u>THURSDAY LUNCH</u></b>  Chicken Noodle Soup  Lean Shephard's Pie  Broccoli  Biscuit  Banana Cream Pie  <b><u>ALTERNATE MENU</u></b>  Waldorf Salad   Greek Turkey Burger  Capri Mixed Vegetables  Mandarin Oranges</p>	<p><b><u>THURSDAY DINNER</u></b>  Waldorf Salad  Chicken Marsala  Garlic Mashed Potatoes  Vegetable Blend  Key Lime Pie  <b><u>ALTERNATE MENU</u></b>  Minestrone Soup  Shrimp Scampi  Linguini Pasta  Zucchini  Mandarin Oranges</p>
<p><b><u>FRIDAY LUNCH</u></b>  New England Clam Chowder  Assorted Pizza  Mixed Vegetables  Spice Cake  <b><u>ALTERNATE MENU</u></b>  Tomato Onion and Pepper Salad  Country Fried Steak  Whipped Potatoes  Succotash  Fruit Cocktail</p>	<p><b><u>FRIDAY DINNER</u></b>  Tomato Onion and Pepper Salad  BBQ Ribs  Macaroni and Cheese  Collard Greens  Corn Bread  Cherry Cobbler  <b><u>ALTERNATE MENU</u></b>  Vegetable Beef Soup  Lemon Dill Haddock  Sliced Carrots  Black Eyed Peas  Fruit Cocktail</p>
<p><b><u>SATURDAY LUNCH</u></b>  Senate Bean Soup  Balsamic Chicken Thigh  Rice Pilaf  Sautéed Vegetables  Jello Parfait  <b><u>ALTERNATE MENU</u></b>  Mixed Green Salad  BBQ Beef Sandwich  Green Beans  Peaches</p>	<p><b><u>SATURDAY DINNER</u></b>  Mixed Greens Salad  Italian Meatloaf with Ketchup Sauce  Buttered Noodles  Mixed Vegetables  Pumpkin Cheesecake Tart  <b><u>ALTERNATE MENU</u></b>   Butternut Squash Soup  Roasted Lemon Sage Chicken Quarters  Snow Peas  Mashed Sweet Potatoes  Peaches</p>

**St. Joseph's John Knox Village AL & MC Menu**

**WEEK 4**

February 19-February 25

**\* House Diet If There is Not A Selected Meal.**

**Please select 1 Entrée, 2 Sides, 1 Bread and 1 Dessert**

**SUNDAY LUNCH**

Leek & Carrots Soup  
Pork Loin  
Herb Fingerling Potatoes  
Peas & Pearl Onions  
Apple Crisp


**ALTERNATE MENU**

*Tossed Salad*  
*Citrus Mahi-Mahi*  
*Lemon Herb Rice*  
*Roasted Vegetables*  
*Dinner Roll*  
*Pineapple*

**SUNDAY DINNER**

Tossed Salad  
Stuffed Bell Pepper  
Mashed Potatoes  
Carrots  
Chocolate Pudding


**ALTERNATE MENU**

 *Leek & Carrots Soup*  
*Harvest Chicken Salad Wrap*  
*Green Bean Salad*  
*Pineapple*

**MONDAY LUNCH**

Minestrone Soup  
Turkey and Butternut Squash Bake  
Cauliflower  
Red Velvet Cake


**ALTERNATE MENU**

 *Garbanzo Bean Salad*  
*Grilled Pesto Salmon*  
*Quinoa*  
*Broccoli and Carrots*  
*Peaches*

**MONDAY DINNER**

Garbanzo Bean Salad  
Brazilian Pork w/ Chimichurri  
Yellow Rice  
Capri Mixed Vegetables

**ALTERNATE MENU**

 *Blueberry Pie*  
*6 Bean Soup*  
*Vegetable Lasagna w/ Alfredo Sauce*  
*Garlic Bread*  
*Zucchini*  
*Peaches*

**TUESDAY LUNCH**

Chili  
Chicken Piccata  
Pasta  
Creamed Spinach  
Chewy Chocolate Rice Krispie Bars

**ALTERNATE MENU**

*Green Bean Salad*  
*Hot Ham and Brie on Croissant*  
*Italian Blend Vegetables*  
*Tropical Fruit*

**TUESDAY DINNER**

Green Bean Salad  
Salisbury Steak  
Whipped Potato  
Sautéed Green Cabbage  
Cookies

**ALTERNATE MENU**

*Vegetable Soup*  
*Shrimp Scampi*  
*Fettuccini*  
*Italian Green Beans*  
*Tropical Fruit*

**WEDNESDAY LUNCH**

French Onion Soup  
French Dip  
Peas & Carrots  
Iced White Cake

**ALTERNATE MENU**

*Marinated Squash Salad*  
*Tropical Pork Stir Fry*  
*Fried Rice*  
*Asian Vegetables*  
*Applesauce*

**WEDNESDAY DINNER**

Marinated Squash Salad  
Chicken A La King  
California Blend  
Biscuit  
Cherry Pie  
**ALTERNATE MENU**  
*Zoupa Mushroom & Chicken Soup*  
*Herb Crusted Tilapia*  
*Wild Rice w/ Spinach*  
*Beets*  
*Applesauce*

**St. Joseph's John Knox Village AL & MC Menu**

**WEEK 4**

February 19-February 25

**\* House Diet If There is Not A Selected Meal.**

**Please select 1 Entrée, 2 Sides, 1 Bread and 1 Dessert**

**THURSDAY LUNCH**



Tortilla Soup  
Beef & Bean Burrito  
Corn  
Grilled Peppers and Onions  
Ice Cream

**ALTERNATE MENU**

Caesar Salad  
Grilled Chicken Sandwich  
-with Lettuce and Tomato  
Carrots  
Fruit Cocktail

**THURSDAY DINNER**

Caesar Salad  
Stuffed Shells w/Marinara  
Cauliflower  
Lemon Meringue Pie

**ALTERNATE MENU**

Leek Soup  
Irish Beef Stew  
Green Beans  
Dinner Roll  
Fruit Cocktail

**FRIDAY LUNCH**

Italian Vegetable Soup  
Assorted Pizza (Featured Pizza)  
Mixed Vegetables  
Strawberry Cake

**ALTERNATE MENU**

Cole Slaw  
Turkey and Cheese on a Roll  
Macaroni & Cheese  
Broccoli  
Pears

**FRIDAY DINNER**

Cole Slaw  
Baked Pollock  
Roasted Potatoes  
Zucchini  
Corn Bread  
Cream Cheese Iced Chocolate Cake

**ALTERNATE MENU**

Tuscan Chicken Noodle Soup  
Spaghetti and Meatballs  
Italian Vegetable Blend  
Bread Stick  
Pears

**SATURDAY LUNCH**

Creamy Tomato Soup  
Grilled Ham Steak  
Garlic Mashed Potatoes  
Balsamic Roasted Vegetables  
Caramel Apple Cake

**ALTERNATE MENU**



Mixed Green Salad  
Cheese Tortellini w/ Alfredo Sauce  
Brussel Sprouts  
Garlic Bread  
Mandarin Oranges

**SATURDAY DINNER**

Mixed Green Salad  
Cranberry Orange Glazed Turkey Breast  
Sage Stuffing  
Green Bean Casserole  
Sweet Potato Pie

**ALTERNATE MENU**

Brazilian Black Bean Soup  
Lemon Pepper Mahi Mahi  
Rice Medley  
Broccoli Normandy  
Mandarin Oranges



**John Knox Village AL & MC Menu**

WEEK 5

February 26 - March 4

**\* House Diet If There is Not A Selected Meal.**

**Please select 1 Entrée, 2 Sides, 1 Bread and 1 Dessert**

**SUNDAY LUNCH**

Cream Of Broccoli Soup  
Slow Roasted Top Round  
Creamed Corn  
Steamed Asparagus Tips  
Carrot Cake

**ALTERNATE MENU**

*Garden Salad*  
*Stuffed Flounder W/ Red Pepper Sauce*  
*Rice Pilaf*  
*Garlic Broccoli*  
*Biscuits*  
*Pears*

**SUNDAY DINNER**

Garden Salad  
Ginger Citrus Chicken Breast  
Mashed Potatoes  
Vegetable Blend  
Oreo Pudding Parfait

**ALTERNATE MENU**

*Cream Of Broccoli*  
*Egg Salad On Roll*  
*Marinated Green Bean Salad*  
*Pears*

**MONDAY LUNCH**

Black Bean Soup  
Beef Fajita  
Mexican Rice  
Mexican Medley  
Coffee Cake

**ALTERNATE MENU**

*Bowtie Pasta & Roasted Vegetable Salad*  
*Couscous Stuffed Turkey Breast*  
*Carrots*  
*Dinner Roll*  
*Fruit Cocktail*

**MONDAY DINNER**

Bowtie Pasta & Roasted Vegetable Salad  
Shrimp & Grits  
Southern Green Beans  
Pecan Pie

**ALTERNATE MENU**

*Beef Noodle Soup*  
*BBQ Pork Sandwich On Bun*  
*Cauliflower*  
*Baked Beans*  
*Fruit Cocktail*

**TUESDAY LUNCH**

Canadian Cheese Soup  
Beef Ragu Over Pasta  
Vegetable Medley  
Bread Stick  
Brownie

**ALTERNATE MENU**

*Caesar Salad*  
*Bratwurst w/ Sauerkraut*  
*Hot German Potato Salad*  
*Brussels Sprouts*  
*Peaches*

**TUESDAY DINNER**


Caesar Salad  
Fried Chicken  
Roasted Potatoes  
California Blend  
Banana Pudding

**ALTERNATE MENU**

*Loaded Baked Potato Soup*  
*Salmon Cake w/ Lemon Dill Sauce*  
*Black Eyed Peas*  
*Collard Greens*  
*Cornbread*  
*Peaches*

**WEDNESDAY LUNCH**

Corn Chowder

 Caramelized Ginger Chicken with Kale

Jasmine Rice  
Broccoli

Cookies of the Day

**ALTERNATE MENU**

*Honey Dijon Potato Salad*  
*Baked Fish Sandwich*  
*Glazed Beets*  
*Pineapple*

**WEDNESDAY DINNER**

Honey Dijon Potato Salad  
Cuban Mojo Pork  
Cuban Black Beans  
Fresh Grilled Vegetables  
Cherry Cheesecake Bar

**ALTERNATE MENU**

*Italian Wedding Soup*  
*Eggplant Parmesan*  
*Spaghetti & Marinara*  
*Sautéed Spinach*  
*Pineapple*


**John Knox Village AL & MC Menu**  
WEEK 5  
February 26 - March 4

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

**THURSDAY LUNCH**

Cream Of Tomato Soup  
Grilled Ham and Swiss on Wheat  
Mixed Vegetables  
Mango Rice Pudding Tart

**ALTERNATE MENU**

 Tossed Salad  
Turkey Meatloaf  
Parsnip Potatoes  
Swiss Chard  
Applesauce

**THURSDAY DINNER**

Tossed Salad  
Open Faced Turkey Sandwich  
Mashed Potatoes  
Green Beans  
Bread Pudding

**ALTERNATE MENU**

Beef Barley Soup  
Liver & Onions  
Sautéed Vegetables  
Rice Pilaf  
Applesauce

**FRIDAY LUNCH**

Seafood Chowder  
Assorted Pizza  
Mixed Vegetables  
Apple Pie

**ALTERNATE MENU**

Apple Carrot Slaw  
Swai In White Wine Sauce  
Tomato Parmesan  
Potatoes Au Gratin  
Dinner Rolls  
Apricots

**FRIDAY DINNER**

Apple Carrot Slaw  
Chicken Cordon Bleu  
Herbed Potatoes  
Sautéed Yellow Squash

**ALTERNATE MENU**

Boston Cream Pie  
Chicken And Rice Soup  
Beef Pot Pie  
Broccoli  
Apricots


**SATURDAY LUNCH**

Steak & Potato Soup  
BBQ Pork Cutlet  
Baked Beans  
Seasoned Green Beans  
Cookies and Cream Cheesecake

**ALTERNATE MENU**

 Mixed Green Salad  
Sweet Thai Turkey Burger  
Roasted Vegetables  
Pineapple

**SATURDAY DINNER**

 Mixed Green Salad  
Basil Lemon Chicken Breast  
Couscous  
Mediterranean Vegetables  
Spice Cake

**ALTERNATE MENU**

Turkey Vegetable Soup  
Shepherd's Pie  
w/ Mashed Potato Topping  
Carrots  
Dinner Roll  
Pineapple