

**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 8/6/17**

- \*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 8/6/17**

- \* 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 8/7/17**

- \*Minestrone Soup
- \*Pretzel Crusted Salmon
- \*Brown Rice
- \*Spinach
- \*Dinner Roll
- \*Iced Orange Cake

**ALTERNATE MENU**

- Tomato, Onion & Green Pepper Salad*
-  *Bistro Turkey Burger*
- Carrots*
- Peaches*

**MONDAY DINNER 8/7/17**

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

**ALTERNATE MENU**

- Harvest Broccoli Soup*
- Vegetable Lasagna w/ Garlic Bread*
- Italian Vegetables*
- Peaches*

**TUESDAY LUNCH 8/8/17**

- \*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 8/8/17**

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

**ALTERNATE MENU**

- Vegetable Soup*
- Cod Florentine*
- Wild Rice*
- Snap Peas*
- Dinner Roll*
- Tropical Fruit*

**WEDNESDAY LUNCH 8/9/17**

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

**ALTERNATE MENU**



- Carrot Raisin Salad*
- Orange Glazed Pork Medallions*
- Fried Rice*
- Bok Choy*
- Applesauce*

**WEDNESDAY DINNER 8/9/17**

- \*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*
- Tri-color Rotini*
- Grilled Yellow Squash*
- Applesauce*

August 6<sup>th</sup> – August 12<sup>th</sup>

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**THURSDAY LUNCH 8/10/17**

- \*Tortilla Soup
-  \*Beef Burrito
- \*Mexican Rice
- \*Roasted Peppers & Onions
- \*Ice Cream

**ALTERNATE MENU**

- Fiji Fruit Salad*
- Grilled Chicken Sandwich*
- with Lettuce and Tomato*
- Carrots*
- Grapes*

**THURSDAY DINNER 8/10/17**

- \*Fiji Fruit Salad
- \*Grilled Kielbasa
- \*Hot Potato Salad with Bacon
- \*Mixed Vegetables
- \*Caramel Apple Cake

**ALTERNATE MENU**

- Leek Soup*
- BBQ Glazed Turkey*
- Cauliflower*
- Corn on the Cob*
- Dinner Roll*
- Grapes*


**FRIDAY LUNCH 8/11/17**

- \* Italian Vegetable Soup
- \*Assorted Pizza
- \*Sautéed Spinach with Red Onion & Garlic
- \*Peach Vanilla Tart

**ALTERNATE MENU**

- Classic Caesar Salad*
- Cornish Hen*
- Roasted Root Vegetables*
- Broccoli*
- Dinner Roll*
- Pears*

**FRIDAY DINNER 8/11/17**

- \*Classic Caesar Salad
-  \*Charred Shrimp
- \*Caramelized Leek Mashed Potatoes
- \* Squash

\*Corn Bread

- \* Chocolate Fudge Cake

**ALTERNATE MENU**

- Tuscan Chicken Noodle Soup*
- Aegean Casserole*
- Italian Vegetable Blend*
- Bread Stick*
- Pears*

**SATURDAY LUNCH 8/12/17**

- \* Creamy Tomato Basil Soup
- \*Grilled Ham Steak
- \*Yams
- \*Balsamic Roasted Vegetables
- \*Strawberry Shortcake

**ALTERNATE MENU**

- Chickpea, Tomato, & Green Onion Salad*
- Premium Turkey & Cheese on Wheat*
- Green Beans*
- Mandarin Oranges*

**SATURDAY DINNER 8/12/17**

- \* Chickpea, Tomato, & Green Onion Salad
- \*Chicken Piccata
- \*Fettuccine
- \*Whole Baby Carrots
- \*Rice Pudding

**ALTERNATE MENU**

- Brazilian Black Bean Soup*
- Lemon Pepper Mahi Mahi*
- Cilantro Rice*
- Zucchini*
- Mandarin Oranges*



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



= Vegetarian Item