



## Assisted Living and Medical

### Center Lunch Menu

January 7<sup>th</sup> – January 13<sup>th</sup>

#### Managers

##### Food Service Director:

Glenn Cannara

##### Operations Manager:

Dawn Rios

##### 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 1/7/18

Salad:	Italian Pasta Salad
Soup:	Lentil & Sausage Soup
Entree:	Chicken Breast Marsala 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 1/8/18

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

#### Tuesday 1/9/18

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

#### Wednesday 1/10/18

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



## Assisted Living and Medical

### Center Lunch Menu

January 7<sup>th</sup> – January 13<sup>th</sup>

#### Managers

#### Food Service Director:

Glenn Cannara

#### Operations Manager:

Dawn Rios

#### 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.

#### Thursday 1/11/18

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 1/12/18

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 1/13/18

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



## Assisted Living and Medical

### Center Dinner Menu

January 7<sup>th</sup> – January 13<sup>th</sup>

#### Managers

##### Food Service Director:

Glenn Cannara

##### Operations Manager:

Dawn Rios

##### 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 1/7/18

Salad:	Italian Pasta Salad
Soup:	Lentil & Sausage Soup
Entree:	Ham & Swiss Croissant Citrus Herb Tilapia
Side Dish:	Sliced Carrots Herbed Potatoes Lima Beans
Dessert:	Baked Macaroni and Cheese Butter Sugar Cookie Fruit Cocktail

#### Monday 1/8/18

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 1/9/18

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 1/10/18

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



## Assisted Living and Medical

### Center Dinner Menu

January 7<sup>th</sup> – January 13<sup>th</sup>

#### Managers

#### Food Service Director:

Glenn Cannara

#### Operations Manager:

Dawn Rios

#### 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.











#### Thursday 1/11/18

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   Jasmine Steamed Rice  
Dessert:	Red Velvet Cupcakes  Mandarin Orange Sections  

#### Friday 1/12/18

Salad:	Beet, Cucumber & Onion Salad  
Soup:	Broccoli Cordon Bleu Soup
Entree:	Smothered Pork Chops Crispy Baked Catfish
Side Dish:	Roasted Red Bliss Potatoes   Peas & Pearl Onions, Frozen   Baked Yellow Squash & Cheese  California Mixed Vegetables  
Dessert:	Iced Banana Cake Applesauce  

#### Saturday 1/13/18

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 