


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

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

**THURSDAY LUNCH 6/1/17**

- \*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 6/1/17**

- \*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 6/2/17**

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

**ALTERNATE MENU**

- Classic Caesar Salad*
- Cornish Hen*
- Wild Rice*
- Broccoli*
- Dinner Roll*
- Pears*

**FRIDAY DINNER 6/2/17**

-  \*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 6/3/17**

- \* Creamy Tomato Basil Soup
- \*Grilled Ham Steak
- \*Skillet Sweet Potato
- \*Balsamic Roasted Vegetables
- \*Strawberry Shortcake

**ALTERNATE MENU**

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

**SATURDAY DINNER 6/3/17**

- \* 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*
- Grilled Zucchini*
- Mandarin Oranges*



**SUNDAY LUNCH 6/4/17**

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

**ALTERNATE MENU**


- Garden Salad*
- Stuffed Flounder*
- Macaroni and Cheese*

**SUNDAY DINNER 6/4/17**

-  \*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*

<p style="text-align: center;">Mustard Greens Roll Pears</p>	<p style="text-align: center;">Pears</p>
<p><b><u>MONDAY LUNCH 6/5/17</u></b>            *Mexican Siesta Soup            * Soft Beef Taco            *Mexican Rice            *Roasted Peppers &amp; Onions            * Banana Cream Pie  <b><u>ALTERNATE MENU</u></b>  <i>Black n Blue Salad</i>  <i>Baked Chicken Thighs</i>  <i>Zucchini</i>  <i>Creamed Corn</i>  <i>Fruit Cocktail</i></p>	<p><b><u>MONDAY DINNER 6/5/17</u></b>            *Black n Blue Salad            *Shrimp &amp; Grits            *Cornbread            *Okra &amp; Tomatoes            *Cookies &amp; Cream Cheesecake  <b><u>ALTERNATE MENU</u></b>  <i>Three Onion Soup</i>  <i>BBQ Pork Sandwich</i>  <i>Cauliflower</i>  <i>Baked Beans</i>  <i>Fruit Cocktail</i></p>
<p><b><u>TUESDAY LUNCH 6/6/17</u></b>            *Pasta Fagioli Soup            *Chicken Marsala            *Yellow Squash            *Egg Noodles            *Chewy Chocolate Rice Krispy Bars  <b><u>ALTERNATE MENU</u></b>  <i>Carrot Raisin Salad</i>  <i>Bratwurst w/ Sauerkraut on Hoagie</i>  <i>Grilled Vegetables</i>  <i>Peaches</i></p>	<p><b><u>TUESDAY DINNER 6/6/17</u></b>            *Carrot Raisin Salad   *Spanish Paprika Strip Loin            *Au Gratin Potatoes            *California Blend            *Pina Colada Cake  <b><u>ALTERNATE MENU</u></b>  <i>Chicken Pot Pie Soup</i>  <i>Oven Baked Trout</i>  <i>Black Eyed Peas</i>  <i>Collard Greens</i>  <i>Cornbread</i>  <i>Peaches</i></p>
<p><b><u>WEDNESDAY LUNCH 6/7/17</u></b>   *Carrot Soup            *Glazed Teriyaki Chicken Breast            *Vegetable Fried Rice            *Snow Peas            *Ice Cream  <b><u>ALTERNATE MENU</u></b>  <i>Three Bean Salad</i>  <i>Coconut Tilapia w/ Kiwi Mango Salsa</i>  <i>Plantains</i>  <i>Caribbean Blend</i>  <i>Pineapple</i></p>	<p><b><u>WEDNESDAY DINNER 6/7/17</u></b>            * Three Bean Salad            *Pot Roast            *Herbed Potatoes            *Broccoli            *M&amp;M Brownie  <b><u>ALTERNATE MENU</u></b>  <i>Italian Wedding Soup</i>  <i>Eggplant Parmesan</i>  <i>Spaghetti &amp; Marinara</i>  <i>Zucchini</i>  <i>Garlic Bread</i>  <i>Pineapple</i></p>
<p><b><u>THURSDAY LUNCH 6/8/17</u></b>            *Mediterranean Lentil Soup            *Greek Gyro            *Carrots            *Coconut Cream Pie  <b><u>ALTERNATE MENU</u></b>  <i>Waldorf Salad</i>  <i>Meatloaf</i>  <i>Cheddar Mashed Potatoes</i>  <i>Parmesan Tomatoes</i>  <i>Applesauce</i></p>	<p><b><u>THURSDAY DINNER 6/8/17</u></b>            *Waldorf Salad            *Lemon Chicken Breast            *Beets            * Wild Rice            *Fruit Jell-O  <b><u>ALTERNATE MENU</u></b>  <i>Spring Vegetable Soup</i>  <i>Liver &amp; Onions</i>  <i>Creamed Spinach</i>  <i>Buttered Egg Noodles</i>  <i>Applesauce</i></p>

**FRIDAY LUNCH 6/9/17**



- \*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 6/9/17**

- \*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 6/10/17**

- \* 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 6/10/17**

- \*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

**SUNDAY LUNCH 6/11/17**

- \*Cauliflower Cheese Soup
  - \* Smothered Pork Chops
  - \*Scalloped Potatoes
  - \*Broccoli
  - \*Dinner Roll
  - \*Banana Pudding
- ALTERNATE MENU**
- Caesar Salad
  - Original Rotisserie Chicken Quarters
  - Roasted Root Vegetables
  - Green Beans
  - Dinner Roll
  - Pineapple

**SUNDAY DINNER 6/11/17**

- \*Caesar Salad
  - \*Penne Pasta with Grilled Sausage
  - \*Carrots
  - \*Dinner Roll
  - \*Spice Cake
- ALTERNATE MENU**
- Cauliflower Cheese Soup
  - Egg Salad On Croissant
  - Coleslaw Salad
  - Lettuce, Sliced Tomatoes
  - Pineapple

**MONDAY LUNCH 6/12/17**

- \*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 6/12/17**

- \*Country Style Potato Salad
  -  \*Broiled Salmon
  - \*Orzo with Sautéed Spinach & Feta
  - \*Parmesan Tomatoes
  - \*Corn Muffin
  - \*Baked Cinnamon Apples
- ALTERNATE MENU**
- 6 Bean Soup
  - Meatloaf
  - Corn
  - Italian Blend Vegetables
  - Assorted Dinner Rolls
  - Pears

**TUESDAY LUNCH 6/13/17**

- \*Italian Wedding Soup
- \*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 6/13/17**

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

\*Banana Cream Pie

**ALTERNATE MENU**

*Garden Vegetable Soup*

*Meat Lasagna*

*Broccoli*

*Bread Sticks*

*Fruit Cocktail*

**WEDNESDAY LUNCH 6/14/17**

- \*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 6/14/17**

- \*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*

*Black-eyed Peas*

*Applesauce*

**THURSDAY LUNCH 6/15/17**

- \*Chicken Noodle Soup
- \*Lean Sheppard's Pie
- \* Mixed Vegetables
- \*Chocolate Cream Pie

**ALTERNATE MENU**

*Fiji Fruit Salad*

*Thai BBQ Cornish Hen*

*Thai Rice Noodles*

*Bok Choy*

*Pita Bread*

*Peaches*

**THURSDAY DINNER 6/15/17**

- \*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 6/16/17**

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

**ALTERNATE MENU**

*Black Bean & Corn Salad*

*Herbed Crusted Pork Loin*

*Au Gratin Potatoes*

*Green Peas*

*Tropical Fruit*

**FRIDAY DINNER 6/16/17**

- \* Black Bean & Corn 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 6/17/17**

- \*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 6/17/17**

- \*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*
- Corn*
- Asparagus Tips*
- Dinner Roll*
- Mandarin Oranges*

**SUNDAY LUNCH 6/18/17**

- \*Butternut Squash Soup
- \*Smokehouse Beef Brisket
- \*Garlic Mashed Potatoes
- \*Roasted Vegetables
- \*Dinner Roll
- \*Peach Crisp

**ALTERNATE MENU**

- Waldorf Salad*
- Crispy Parmesan Pollock*
- Macaroni and Cheese*
- Beets*
- Dinner Roll*
- Fruit Cocktail*

**SUNDAY DINNER 6/18/17**



- \*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 6/19/17**

- \*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 6/19/17**

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

**ALTERNATE MENU**

- Chicken Ditalini Soup*
- Crab Imperial Stuffed Flounder*
- Barley Pilaf with Mushrooms*
- Lima Beans*
- Applesauce*

**TUESDAY LUNCH 6/20/17**

- \*Chicken Noodle Soup
- \*Meatloaf
- \*Scalloped Potatoes
- \*Sugar Snap Peas
- \*Pineapple Upside-down Cake

**ALTERNATE MENU**

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


**TUESDAY DINNER 6/20/17**

- \*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 6/21/17**

-  \*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 6/21/17**

- \*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 6/22/17**

-  \*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 6/22/17**

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

**ALTERNATE MENU**

- Beef Barley Soup*
- Broiled Cod*
- Ratatouille*
- Aztec Rice*
- Tropical Fruit*

**FRIDAY LUNCH 6/23/17**

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

**ALTERNATE MENU**

- Pineapple Cucumber Salad*
- Chicken Fajitas*
- Pinto Beans*
- Mexican Medley Vegetables*
- Pears*


**FRIDAY DINNER 6/23/17**

- \*Pineapple Cucumber Salad
- \*Apple Ginger Pork Roast
- \*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 6/24/17**

-  \*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 6/24/17**

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

**ALTERNATE MENU**

- Portuguese Bean Soup*
- Beef Pot Roast*
- Mashed Potatoes*
- Italian Blend Vegetables*
- Assorted Rolls*
- Pineapple*

**SUNDAY LUNCH 6/25/17**

- \*Cauliflower Cheddar Soup
- \*Baked Mahi w/ Lemon Dill Sauce
- \*Rice Pilaf
- \*Snap Peas
- \*Dinner Roll

\*Lemon Meringue Pie

**ALTERNATE MENU**

- Caesar Salad
- Baked Ziti with Meat Sauce
- Napa Valley Vegetables
- Fruit Cocktail

**SUNDAY DINNER 6/25/17**



- \*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 6/26/17**

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

**ALTERNATE MENU**

- Beet, Cucumber ,Onion Salad
- Mediterranean Cod Fish
- Orzo With Spinach And Feta Salad
- Garlic Broccoli
- Tropical Fruit

**MONDAY DINNER 6/26/17**

- \*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 6/27/17**

- \*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 6/27/17**

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

**ALTERNATE MENU**

- Cream Of Celery Soup
- Baked Pollock
- Succotash
- Creamed Spinach
- Cornbread
- Applesauce

**WEDNESDAY LUNCH 6/28/17**

- \*6 Bean Soup
- \*Turkey And Brie Croissant
- \* Broccoli
- \*Apple Pie

**ALTERNATE MENU**

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

**WEDNESDAY DINNER 6/28/17**

- \*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 6/29/17**

- \* 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 6/29/17**

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

**ALTERNATE MENU**

*Cream of Mushroom Soup*  
*Shrimp Etouffee (seasoned sauce)*  
*Basmati Rice*  
*Zucchini*  
*Mandarin Oranges*

**FRIDAY LUNCH 6/30/17**



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

**ALTERNATE MENU**

*Cole Slaw*  
*Country Fried Steak*  
*Whipped Potatoes*  
*Okra and Tomatoes*  
*Fruit Cocktail*

**FRIDAY DINNER 6/30/17**



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

**ALTERNATE MENU**

*Vegetable Beef Soup*  
*Herb Crusted Tilapia*  
*Sliced Carrots*  
*Cheese Grits*  
*Dinner Roll*  
*Fruit Cocktail*



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



= Vegetarian Item