



Assisted Living and Medical Center Mechanical Soft Lunch Menu

December 3rd – December 9th

Managers

Food Service Director:

David Borchik

Operations Manager:

Jeanine Milano

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 12/3/17

| | |
|------------|--------------------------------------------------------------|
| Salad: | Green Bean Salad |
| Soup: | Lentil & Sausage Soup |
| Entree: | Gr. Chicken Piccata Gr. Maple-Glazed Roast Pork Loin |
| Side Dish: | Roasted Butternut Squash with Thyme |
| | Southern Style Collard Greens Roasted Fingerling Potatoes |
| | Orzo with Sautéed Spinach & Feta |
| Dessert: | Lemon Meringue Pie Fruit Cocktail |

Monday 12/4/17

| | |
|------------|----------------------------------------------------|
| Salad: | Potato Salad |
| Soup: | Root Vegetable Soup |
| Entree: | Gr. BBQ Chicken Wings Gr. Ham & Swiss Croissant |
| Side Dish: | Peas and Carrots |
| | Baked Fries |
| | Broccoli Spears with Cheese Sauce |
| Dessert: | Apple Crisp |
| | Peach Slices |

Tuesday 12/5/17

| | |
|------------|---------------------------|
| Salad: | Green Bean Salad |
| Soup: | Chicken Mulligatawny Soup |
| Entree: | Pasta Primavera |
| | Gr. Autumn Beef Stew |
| Side Dish: | Roasted Root Vegetables |
| | Lima Beans |
| Dessert: | Peach Pie |
| | Pear Slices |

Wednesday 12/6/17

| | |
|------------|-----------------------------------|
| Salad: | Bow Tie & Roasted Vegetable Salad |
| Soup: | Chicken Tortilla Soup |
| Entree: | South of the Border Lasagna |
| | Charleston Crab Cakes |
| Side Dish: | Oven Roasted Potato Wedges |
| | Aztec Corn |
| | Fresh Zucchini & Tomatoes |
| | Sautéed Cabbage & Onion |
| Dessert: | Sweet Potato Pie Peach Slices |



Assisted Living and Medical Center Mechanical Soft Lunch Menu

December 3rd – December 9th

Managers

Food Service Director:

David Borchik

Operations Manager:

Jeanine Milano

Executive Chef:

Kwame Akram

Dietary Office 813-632-2323

Main Kitchen 813-632-2482

| | |
|--|-------------|
| | Vegan |
| | Vegetarian |
| | Mindful |
| | Gluten Free |

Watch for Mindful Menu Solutions...
Look for the Mindful icon to find your way to better nutrition.

Thursday 12/7/17

| | |
|------------|----------------------------------------------------------------------------------|
| Salad: | Pasta Salad |
| Soup: | Turkey Noodle Soup (LS) |
| Entree: | Garlic & Herb Cod Fillet Gr. Herbed Baked Chicken Breast |
| Side Dish: | Southern Green Beans Hoppin' John Roasted Sweet Potatoes Collard Greens |
| Dessert: | Chocolate Mousse with Topping Mandarin Orange Sections |

Friday 12/8/17

| | |
|------------|----------------------------------------------------|
| Salad: | Macaroni Salad |
| Soup: | Corn Chowder |
| Entree: | Gr. Assorted Pizza By The Slice Sloppy Joe |
| Side Dish: | Broccoli & Cauliflower Rainbow Vegetable Medley |
| Dessert: | Tapioca Pudding Applesauce |

Saturday 12/9/17

| | |
|------------|--------------------------------------------------------------|
| Salad: | Marinated Squash 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 Mechanical Soft
Dinner Menu**

December 3rd – December 9th

Managers

Food Service Director:

David Borchik

Operations Manager:

Jeanine Milano

Executive Chef:

Kwame Akram

Dietary Office 813-632-2323

Main Kitchen 813-632-2482

| | |
|--|-------------|
| | Vegan |
| | Vegetarian |
| | Mindful |
| | Gluten Free |

Watch for Mindful Menu Solutions...
Look for the Mindful icon to find your way to better nutrition.

Sunday 12/3/17

| | |
|------------|--------------------------------------------------------------------|
| Salad: | Green Bean Salad |
| Soup: | Michigan White Bean Soup |
| Entree: | Meatball Sub Citrus Herb Tilapia |
| Side Dish: | Baby Carrot Lima Beans |
| Dessert: | Baked Macaroni and Cheese Butter Sugar Cookie Fruit Cocktail |

Monday 12/4/17

| | |
|------------|----------------------------------------------------------------|
| Salad: | Potato Salad |
| Soup: | Chicken Paprikash Soup |
| Entree: | Gr. Beef Pot Pie Gr. Grilled Cornish Hen with Dijon & Lemon |
| Side Dish: | Au Gratin Potatoes Turnip Greens Green Beans Orzo |
| Dessert: | Tres Leches Cake Peach Slices |

Tuesday 12/5/17

| | |
|------------|--------------------------------------------------------------|
| Salad: | Green Bean Salad |
| Soup: | Sausage Florentine Soup |
| Entree: | Broiled Rainbow Trout Gr. Polish Sausage (Kielbasa) |
| Side Dish: | Baked Potatoes Roasted Ratatouille Cauliflower Corn |
| Dessert: | Lemon Bar Pear Slices |

Wednesday 12/6/17

| | |
|------------|---------------------------------------------------------------------------------------------|
| Salad: | Bow Tie & Roasted Vegetable Salad |
| Soup: | Sweet Onion & Tomato Soup |
| Entree: | Gr. Roasted Turkey Breast Gr. BBQ Pork Ribs |
| Side Dish: | Mashed Potatoes Harvard Beets Sautéed Spinach and Mushrooms Vegetarian Baked Beans |
| Dessert: | Iced Orange Cake Peach Slices |



Assisted Living and Medical Center Mechanical Soft Dinner Menu

December 3rd – December 9th

Managers

Food Service Director:

David Borchik

Operations Manager:

Jeanine Milano

Executive Chef:

Kwame Akram

Dietary Office 813-632-2323

Main Kitchen 813-632-2482

| | |
|--|-------------|
| | Vegan |
| | Vegetarian |
| | Mindful |
| | Gluten Free |

Watch for Mindful Menu Solutions...
Look for the Mindful icon to find your way to better nutrition.

Thursday 12/7/17

| | |
|------------|--------------------------------------------------------------------------|
| Salad: | Pasta Salad |
| Soup: | Curried Roasted Fall Vegetable Soup |
| Entree: | Gr. Dijon Chicken Spaghetti with Meat Sauce |
| Side Dish: | Baked Butternut Squash Orzo Breadsticks Cut Green Beans, Frozen |
| Dessert: | Red Velvet Cupcakes Mandarin Orange Sections |

Friday 12/8/17

| | |
|------------|---------------------------------------------------------------------------------------------------------------|
| Salad: | Macaroni Salad |
| Soup: | Broccoli Cordon Bleu Soup |
| Entree: | Gr. Savory Rotisserie-Style Chicken Gr. Crispy Baked Catfish |
| Side Dish: | Roasted Red Bliss Potatoes Peas & Pearl Onions, Frozen Baked Yellow Squash & Cheese Grilled Eggplant |
| Dessert: | Iced Banana Cake Applesauce |

Saturday 12/9/17

| | |
|------------|-------------------------------------------------------|
| Salad: | Marinated Squash Salad |
| Soup: | Caribbean Carrot & Sweet Potato Soup |
| Entree: | Shepherd's Pie Gr. Cilantro Grilled Chicken Breast |
| Side Dish: | Steamed Fresh Broccoli Sliced Beets Herbed Orzo |
| Dessert: | Tiramisu Pineapple Chunks |