

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

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

**SUNDAY LUNCH 4/16/17**

- \*Cauliflower Cheddar Soup
- \*Baked Mahi w/ Lemon Dill Sauce
- \*Oven Roasted Potatoes
- \*Caribbean Vegetable Mix
- \*Dinner Roll
- \*Lemon Meringue Pie

**ALTERNATE MENU**

Caesar Salad  
Eggplant Parmesan  
Baked Ziti with Marinara Sauce  
Napa Valley Vegetables  
Fruit Cocktail

**SUNDAY DINNER 4/16/17**



- \*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 4/17/17**

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

**ALTERNATE MENU**

Beet, Cucumber ,Onion Salad  
Mediterranean Cod Fish  
Orzo with Lemon and Herbs  
Garlic Broccoli  
Tropical Fruit

**MONDAY DINNER 4/17/17**

- \*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 4/18/17**

- \*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 4/18/17**

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

**ALTERNATE MENU**

Cream Of Celery Soup  
Baked Pollock  
Citrus Couscous  
Creamed Spinach  
Cornbread  
Applesauce

**WEDNESDAY LUNCH 4/19/17**

- \*6 Bean Soup
- \*Hot Ham & Brie Croissant
- \* Broccoli
- \*Apple Pie

**ALTERNATE MENU**

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

**WEDNESDAY DINNER 4/19/17**

- \*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 4/20/17**

- \* 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 4/20/17**

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

**ALTERNATE MENU**

*Cream of Mushroom Soup*  
*Shrimp Etouffee*  
*Basmati Rice*  
*Zucchini*  
*Mandarin Oranges*

**FRIDAY LUNCH 4/21/17**



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

**ALTERNATE MENU**

*Cole Slaw*  
*Country Fried Steak*  
*Whipped Potatoes*  
*Succotash*  
*Fruit Cocktail*

**FRIDAY DINNER 4/21/17**



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

**ALTERNATE MENU**

*Vegetable Beef Soup*  
*Herb Crusted Tilapia*  
*Sliced Carrots*  
*Citrus Couscous*  
*Dinner Roll*  
*Fruit Cocktail*

**SATURDAY LUNCH 4/22/17**

- \* Senate Bean Soup
- \*Charleston Crab Cakes
- \*Broccoli
- \*Corn
- \*Pineapple Upside Down Cake

**ALTERNATE MENU**

*Mixed Green Salad*  
*BBQ Beef Sandwich*  
*Cauliflower*  
*Grapes*

**SATURDAY DINNER 4/22/17**

- \*Mixed Greens Salad
- \*Lemon Curry Chicken Breast
- \*Rice Pilaf
- \*Sautéed Vegetables
- \*Naan
- \*Confetti Cake

**ALTERNATE MENU**

*Butternut Squash Soup*  
*Spaghetti and Meatballs*  
*Garlic Bread*  
*Italian Green Beans*  
*Grapes*

**SUNDAY LUNCH 4/23/17**

- \*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 4/23/17**

- \* 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 4/24/17**

- \*Minestrone Soup
- \*Bistro Turkey Burger
- \*Carrots
- \*Iced Orange Cake

**ALTERNATE MENU**

Tomato, Onion & Green Pepper Salad



Pretzel Crusted Salmon

Brown Rice

Spinach

Dinner Roll

Peaches

**MONDAY DINNER 4/24/17**

- \*Tomato, Onion & Green Pepper Salad
- \*Moroccan Lemon Chicken w/ Mango
- \*Cous Cous
- \*Roasted Cauliflower (with parsley)

\*Naan bread

\*Cherry Crisp

**ALTERNATE MENU**

Harvest Broccoli Soup

Vegetable Lasagna w/ Garlic Bread

Italian Vegetables

Peaches

**TUESDAY LUNCH 4/25/17**

- \*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 4/25/17**

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

**ALTERNATE MENU**

Vegetable Soup

Cod Florentine

Polenta Cake

Snap Peas

Dinner Roll

Tropical Fruit

**WEDNESDAY LUNCH 4/26/17**

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

**ALTERNATE MENU**

Carrot Raisin Salad



Orange Glazed Pork Medallions

Fried Rice

Japanese Egg Plant

Applesauce

**WEDNESDAY DINNER 4/26/17**

- \*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

Wild Rice

Grilled Yellow Squash

Applesauce

**THURSDAY LUNCH 4/27/17**

- \*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 4/27/17**

- \*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 4/28/17**

\* 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 4/28/17**

\*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 4/29/17**

\* 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 4/29/17**

\* 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 4/30/17**

\*Cream Of Broccoli Soup

\*Beef Ragu

\*Bowtie Pasta

\*Mixed Vegetables

\*Garlic Bread

\*Apple Crisp

**ALTERNATE MENU**

*Garden Salad*



*Bayou Red Beans & Rice*

*Mustard Greens*

*Roll*

*Pears*

**SUNDAY DINNER 4/30/17**

\*Garden Salad



\*Brazilian Chicken Breast

\*Yukon Gold Mashed Potatoes

\*Rainbow Vegetable Medley

\*Cornbread

\*Cookie Of The Day

**ALTERNATE MENU**

*Cream Of Broccoli*

*Pasta Salad*

*Tuna Salad On Roll*

*Lettuce, Tomatoes*

*Pears*



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



= Vegetarian Item