



Assisted Living and Medical Center Mechanical Soft Lunch Menu

February 4th – February 10th

Managers

Food Service Director:

Doris Freeman

Operations Manager:

Chris Christopher

Executive Chef:

Kwame Akram

Registered Dietitian:

Jennifer Hoehn

Dietary Office 813-632-2323

Main Kitchen 813-632-2482












Dietitian 813-632-2321














Watch for Mindful Menu Solutions...

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Sunday 2/4/18

Salad:	Marinated Green Bean Salad  
Soup:	Turkey Vegetable Soup 
Entree:	Gr. Penne Pasta with Grilled Sausage Gr. London Broil
Side Dish:	Mixed Vegetables   Scalloped Potatoes  Cauliflower   Breadsticks 
Dessert:	Vanilla Pudding  Tropical Fruit Salad 



Monday 2/5/18

Salad:	Macaroni Salad 
Soup:	Chicken Vegetable Soup with Orzo 
Entree:	Gr. Crispy Baked Catfish Gr. Pulled BBQ Chicken Sandwich
Side Dish:	Peas & Mushrooms   Herbed Orzo  Maple Baked Beans with Apple & Bacon 
Dessert:	Cut Green Beans   Cream Cheese Swirl Brownies  Pineapple Chunks  

Tuesday 2/6/18

Salad:	Three Bean Salad  
Soup:	White Bean Escarole Soup 
Entree:	Broccoli Cheddar Quiche  Gr. Grilled Ham Steak
Side Dish:	Sautéed Spinach with Red Onion & Garlic   Roasted Yellow Squash with Thyme   Herbed Orzo 
Dessert:	Chocolate Pudding  Peach Slices  

Wednesday 2/7/18

Salad:	Macaroni Salad 
Soup:	Home-style Cream of Spinach Soup
Entree:	Gr. Herbed Baked Chicken Breast  Gr. Roast Beef Sandwich on Wheat 
Side Dish:	Mashed Potatoes   Sweet Potato Fries  Roasted Zucchini Okra & Tomatoes 
Dessert:	Pineapple Upside Down Cake  Fruit Cocktail  



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Thursday 2/8/18

Salad:	Black Bean Salad
Soup:	Split Pea with Ham Soup
Entree:	Gr. Baked Stuffed Pork Chop Gr. Shrimp Stir Fry
Side Dish:	Capri Mixed Vegetables Green Bean Casserole Orzo
Dessert:	Pumpkin Pie Pear Slices

Friday 2/9/18

Salad:	Southwest Mixed Bean Salad
Soup:	Cuban Black Bean Soup
Entree:	Gr. Assorted Pizza By The Slice Fish Tacos
Side Dish:	Southern Green Beans Steamed Broccoli & Cauliflower
Dessert:	Corn O'Brien Cherry Cheese Cake Bars Applesauce

Saturday 2/10/18

Salad:	Creamy Dilled Potato Salad
Soup:	Cream of Spinach Soup
Entree:	Gr. Chicken Fried Steak, Country Cream Gravy Gr. Roast Turkey Sandwich with Cranberry
Side Dish:	Mashed Potatoes Baked Sweet Potato Wedges Fresh Broccoli Florets
Dessert:	Mixed Vegetables Angel Food Cake with Strawberry Sauce Peach Slices



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Sunday 2/4/18

Salad:	Marinated Green Bean Salad  
Soup:	Loaded Baked Potato Soup
Entree:	Tuna Noodle Casserole with Topping Gr. Ham & Cheese on Ciabatta
Side Dish:	Broccoli Florets   Green Beans   Snickerdoodles 
Dessert:	Tropical Fruit Salad 












Monday 2/5/18

Salad:	Macaroni Salad 
Soup:	Stuffed Pepper Soup
Entree:	Vegetable Lasagna  Gr. Chicken Thigh Cacciatore 
Side Dish:	Smashed Red Skin Potatoes  Garlic Roast Green Beans   Baby Carrots   Garlic Bread 
Dessert:	Lemon Pudding Cake with Lemon Sauce  Pineapple Chunks  

Tuesday 2/6/18

Salad:	Three Bean Salad  
Soup:	Creamy Broccoli Soup  
Entree:	Meatloaf Gr. Honey Dip-Style Chicken
Side Dish:	Lima Beans   Mashed Potatoes  Turnips with Garden Vegetables   Broccoli Florets  
Dessert:	Strawberry Bavarian  Peach Slices  

Wednesday 2/7/18

Salad:	Macaroni Salad 
Soup:	Chicken Noodle with Corn & Mushroom Soup 
Entree:	Gr. BBQ Glazed Turkey  Gr. Beef Liver with Onions
Side Dish:	Hash Brown Casserole Italian Cut Green Beans   Creamed Corn  Mixed Vegetables  
Dessert:	Key Lime Pie  Fruit Cocktail  



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Thursday 2/8/18

Salad:	Black Bean Salad
Soup:	Garden Vegetable Soup
Entree:	Gr. Roasted Strip Loin Gr. Baked Homestyle Chicken
Side Dish:	Cauliflower Baked Potatoes Apple Glazed Baby Carrots Roasted Acorn Squash
Dessert:	Devil's Food Cake Pear Slices

Friday 2/9/18

Salad:	Southwest Mixed Bean Salad
Soup:	New England Clam Chowder
Entree:	Gr. Beef & Mushroom Stroganoff Gr. Fish & Chips
Side Dish:	Sautéed Spinach Bow Tie Pasta Green Beans Peach Crisp
Dessert:	Applesauce

Saturday 2/10/18

Salad:	Creamy Dilled Potato Salad
Soup:	Country Acorn Squash Bisque
Entree:	Spaghetti & Meatball Gr. Original Rotisserie Chicken
Side Dish:	Herbed Yukon Potatoes Grilled Zucchini Breadsticks Broccoli, Cauliflower & Carrots
Dessert:	Banana Pudding Peach Slices