



Assisted Living and Medical Center 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...
Look for the Mindful icon to find your
way to better nutrition.

Sunday 2/4/18

Salad:	Classic Caesar Side Salad
Soup:	Turkey Vegetable Soup ☺
Entree:	Penne Pasta with Grilled Sausage London Broil
Side Dish:	Mixed Vegetables VG ☺ Scalloped Potatoes V Cauliflower VG ☺ Garlic Bread V
Dessert:	Tropical Fruit Salad VG Rice Pudding V

Monday 2/5/18

Salad:	Sesame Dijon Cabbage Salad V
Soup:	Chicken Vegetable Soup with Orzo (Puree) ☺
Entree:	Crispy Baked Catfish Pulled BBQ Chicken Sandwich
Side Dish:	Peas & Mushrooms VG ☺ Brussels Sprouts VG ☺ Cajun Brown Rice V ☺ Maple Baked Beans with Apple & Bacon ☺
Dessert:	Iced Yellow Cake Pear Slices VG ☺

Tuesday 2/6/18

Salad:	Spiced Carrot Salad V
Soup:	White Bean Escarole Soup V
Entree:	Broccoli Cheddar Quiche V Grilled Ham Steak
Side Dish:	Sautéed Spinach with Red Onion & Garlic VG ☺ Roasted Yellow Squash with Thyme VG ☺ Cranberry Walnut Wild Rice
Dessert:	Carrot Cake with Cream Cheese Icing V Fruit Cocktail VG ☺

Wednesday 2/7/18

Salad:	Fruit Farro Salad V ☺
Soup:	Home-style Cream of Spinach Soup
Entree:	Fried Chicken Italian Beef Sandwich
Side Dish:	Mashed Potatoes V ☺ Sweet Potato Fries V Roasted Zucchini Okra & Tomatoes V
Dessert:	Mixed Berry Trifle V ☺ Red Grapes VG



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Thursday 2/8/18

Salad:	Smoked Salmon Farfalle Salad
Soup:	Split Pea with Ham Soup
Entree:	Baked Stuffed Pork Chop Shrimp Stir Fry
Side Dish:	Capri Mixed Vegetables Green Bean Casserole Sautéed Apple Slices
Dessert:	Boston Cream Pie Peach Slices

Friday 2/9/18

Salad:	Southwest Mixed Bean Salad
Soup:	Cuban Black Bean Soup
Entree:	Assorted Pizza By The Slice Fish Tacos
Side Dish:	Southern Green Beans Steamed Broccoli & Cauliflower Corn O'Brien Mexican Fiesta Rice
Dessert:	Blondies Pineapple Chunks

Saturday 2/10/18

Salad:	Corn, Cherry Tomato & Arugula
Soup:	Cream of Spinach Soup
Entree:	Chicken Fried Steak, Country Cream Gravy Roast Turkey Sandwich with Cranberry
Side Dish:	Mashed Potatoes Crispy Baked Okra Baked Sweet Potato Wedges Fresh Broccoli Florets
Dessert:	Blueberry Pie Mandarin Orange Sections



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Sunday 2/4/18

Salad:	Classic Caesar Side Salad
Soup:	Turkey Vegetable Soup ☺
Entree:	Tuna Noodle Casserole with Topping Ham & Cheese on Ciabatta
Side Dish:	Fresh Sugar Snap Peas VG ☺ Broccoli Florets VG ☺ Baked Tator Tots V
Dessert:	Snickerdoodles V Tropical Fruit Salad VG

Monday 2/5/18

Salad:	Sesame Dijon Cabbage Salad V
Soup:	Stuffed Pepper Soup
Entree:	Vegetable Lasagna V Chicken Thigh Cacciatore ☺
Side Dish:	Smashed Red Skin Potatoes V Garlic Roast Green Beans VG ☺ Baby Carrots VG ☺ Garlic Bread V
Dessert:	Pear Slices VG ☺ Peach Strawberry Trifle ☺

Tuesday 2/6/18

Salad:	Spiced Carrot Salad V
Soup:	Creamy Broccoli Soup V ☺
Entree:	Meatloaf Honey Dip-Style Chicken Wings
Side Dish:	Lima Beans VG ☺ Mashed Potatoes ☺ Turnips with Garden Vegetables VG ☺ Broccoli Florets VG ☺
Dessert:	Banana Cream Pie Fruit Cocktail VG ☺

Wednesday 2/7/18

Salad:	Fruit Farro Salad V ☺
Soup:	Chicken Noodle with Corn & Mushroom Soup ☺
Entree:	Beef Liver with Onions BBQ Glazed Turkey ☺
Side Dish:	Hash Brown Casserole Italian Cut Green Beans VG ☺ Creamed Corn V Mixed Vegetables VG ☺
Dessert:	Pineapple Upside Down Cake V Red Grapes VG



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Salad:	Smoked Salmon Farfalle Salad
Soup:	Garden Vegetable Soup
Entree:	Roasted Strip Loin Baked Homestyle Chicken
Side Dish:	Cauliflower
	Baked Potatoes
	Apple Glazed Baby Carrots
	Sautéed Mushrooms
Dessert:	Chocolate Cream Pie
	Peach Slices

Friday 2/9/18

Salad:	Southwest Mixed Bean Salad
Soup:	New England Clam Chowder
Entree:	Beef & Mushroom Stroganoff Fish & Chips
Side Dish:	Beet & Radishes
	Sautéed Spinach
	Bow Tie Pasta
	Sugar Snap Peas, Frozen
Dessert:	Orange Mousse
	Pineapple Chunks

Saturday 2/10/18

Salad:	Corn, Cherry Tomato & Arugula
Soup:	Country Acorn Squash Bisque
Entree:	Spaghetti & Meatball Original Rotisserie Chicken
Side Dish:	Herbed Yukon Potatoes
	Peas, Cauliflower & Carrots
	Grilled Zucchini
	Garlic Bread
Dessert:	Bread Pudding
	Mandarin Orange Sections