



Assisted Living and Medical Center Mechanical Soft Lunch Menu

January 7th – January 13th

Managers

Food Service Director:

Glenn Cannara

Operations Manager:

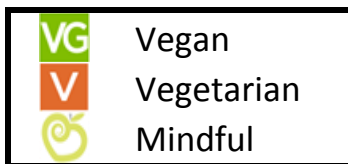
Dawn Rios

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 1/7/2018

Salad:	Green Bean Salad
Soup:	Lentil & Sausage Soup
Entree:	Gr. Chicken Breast Marsala 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 1/8/2018

Salad:	Potato Salad
Soup:	Root Vegetable Soup
Entree:	Gr. BBQ Chicken Wings Gr. Meatball Sub
Side Dish:	Peas and Carrots
	Baked Fries
	Broccoli Spears with Cheese Sauce
Dessert:	Apple Crisp
	Peach Slices

Tuesday 1/9/2018

Salad:	Green Bean Salad
Soup:	Leek & Carrot Soup
Entree:	Pasta Primavera
	Gr. Autumn Beef Stew
Side Dish:	Roasted Root Vegetables
	Lima Beans
Dessert:	Peach Pie
	Pear Slices

Wednesday 1/10/2018

Salad:	Bow Tie & Roasted Vegetable Salad
Soup:	Chicken Tortilla Soup
Entree:	Meat Lasagna Charleston Crab Cakes
Side Dish:	Oven Roasted Potato Wedges
	Aztec Corn
	Fresh Zucchini & Tomatoes
	Braised Cabbage
Dessert:	Sweet Potato Pie Peach Slices



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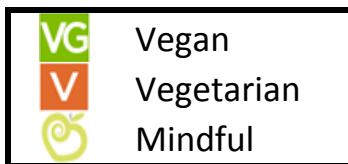
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Thursday 1/11/2018

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 VG Collard Greens V☺
Dessert:	Chocolate Mousse with Topping V☺ Mandarin Orange Sections VG☺

Friday 1/12/2018

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

Saturday 1/13/2018

Salad:	Marinated Squash Salad V☺
Soup:	Caribbean Carrot & Sweet Potato Soup V
Entree:	Dijon Ginger Ham Tuna Noodle Casserole with Topping
Side Dish:	Steakhouse Spinach V Cheddar Mashed Potatoes V Green Beans VG☺
Dessert:	Cream Cheese Swirl Brownies V Pineapple Chunks VG☺



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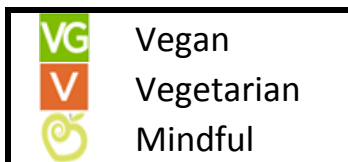
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Sunday 1/7/2018

Salad:	Green Bean Salad
Soup:	Michigan White Bean Soup
Entree:	Ham & Swiss Croissant Citrus Herb Tilapia
Side Dish:	Sliced Carrots
	Lima Beans
	Baked Macaroni and Cheese
Dessert:	Butter Sugar Cookie
	Fruit Cocktail

Monday 1/8/2018

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 1/9/2018

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 1/10/2018

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



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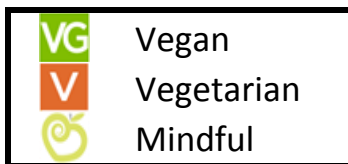
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Thursday 1/11/2018

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 1/12/2018

Salad:	Macaroni Salad 
Soup:	Broccoli Cordon Bleu Soup
Entree:	Gr. Smothered Pork Chops Gr. Crispy Baked Catfish
Side Dish:	Roasted Red Bliss Potatoes   Peas & Pearl Onions, Frozen   Baked Yellow Squash & Cheese  California Mixed Vegetables  
Dessert:	Iced Banana Cake Applesauce  

Saturday 1/13/2018

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 