



## Lunch & Dinner Selections

### Soups

- Butternut Squash Soup
- Tomato Soup
- Low-Sodium Chicken Noodle Soup

### Salads

- Caesar Salad
- Mixed Greens
- Berry Spinach Salad  
Spinach, berries and feta cheese topped with grilled chicken, salmon or shrimp
- Salad of the Day  
Watermelon & feta salad

### Sandwiches

- Egg
- Chicken
- Tuna Salad
- Ham
- Turkey
- BLT
- Grilled Cheese
- PB&J

### Small Plates

- Seasonal Mixed Fruit Platter  
With yogurt or cottage cheese
- Assorted Cheese & Crackers  
With grapes or mixed fruit

### Entrées

- Grilled Chicken Breast
- Grilled or Poached Salmon
- Turkey Meatloaf
- Petit Filet of Beef
- Cheese Omelet
- Porcini Mushroom & Cheese Ravioli

### Sides

- Carrots
- Peas
- Corn
- Sautéed Spinach
- Sautéed Broccoli Rabe
- Hominy Grits
- Green Beans Almondine
- Warm Mediterranean Orzo
- Baked, Mashed or Sweet Potatoes

### Desserts

- Gelatin
- Vanilla or Chocolate Pudding
- Applesauce
- Ice Cream
- Sherbet
- Lemon Ice
- Crème Brûlée
- Fruit of the Forest Pie
- Sugar-Free Lemon Cranberry Bar



### Daily Specials

- Grilled Shrimp  
With pesto sauce
- Braised Brisket of Beef  
Bourbon peach sauce
- Gnocchi with Pomodoro  
Crushed tomato sauce

### Beverages

- Orange Juice
- Apple Juice
- Cranberry Juice
- Iced Tea
- Lemonade
- Cola
- Ginger Ale
- Coffee
- Hot Tea

*Condiments available: peanut butter, jam, jelly, marmalade, salt, pepper, sugar, creamers or non-dairy creamers.*

*Dietary preference substitutions and gluten-free bread are available with advanced notice.*

*Some selections may not be available with therapeutic diets. Dietary associates will assist with appropriate meal selections.*

