

April 18, 2021 - Sunday Brunch

Health Care and Windows Dining Only

APPETIZERS

Garden Salad GF  

Soup du Jour

Potato Leek Soup 

(6oz: Kcal-100, Pro-1g, Carb-11g, Fat-6g, Na-220mg, Chol-0)

(Potato, leek, onion, celery, low sodium veg base, margarine, flour, ground white pepper)

ENTREES

Honey Balsamic Grilled Salmon GF

(4oz: Kcal-322, Pro-25g, Carb-11g, Fat-19g, Na-59mg)

(Salmon filet, honey, balsamic vinegar, lemon juice)

Roasted Turkey GF 

(4oz: Kcal-120, Pro-20g, Carb-1g, Fat-5g, Na-480mg, Chol-45)

Curry Vegetable Korma Stew

(6oz: Kcal-121, Pro-2g, Carb-12g, Fat-8g, Na-354mg) 

(Onion, carrot, tomato, jalapeno pepper, potato, cashew, garlic, olive oil, tomato sauce, ginger root, curry powder)

SIDES

Bread du Jour

Scrambled Egg GF French Toast

Sausage GF Bacon GF Breakfast Potatoes GF  

Roasted Fennel with Apples & Onions GF 

Asparagus Spears GF  

Baked Sweet Potato GF 

Gravy

DESSERTS

Rice Pudding

Chocolate Silk Pie

 Heart Healthy –Salmon, Asparagus, Baked Sweet Potato

GFA=Gluten Free Available GF =Gluten Free  = Vegetarian  = Vegan  = Mindful

April 18, 2021 - Sunday Lunch

The Café and Meal Delivery Only

APPETIZERS

Garden Salad GF  

Soup du Jour

Potato Leek Soup 

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(Onion, carrot, tomato, jalapeno pepper, potato, cashew, garlic, olive oil, tomato sauce, ginger root, curry powder)

SIDES

Bread du Jour

Roasted Fennel with Apples & Onions GF 

Asparagus Spears GF  

Baked Sweet Potato GF 

Gravy

DESSERTS

Rice Pudding

Chocolate Silk Pie

 **Heart Healthy – Salmon, Asparagus, Baked Sweet Potato**

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April 18, 2021 - Sunday Dinner

APPETIZERS

Garden Salad GF  

Soup du Jour

Potato Leek Soup 

(6oz: Kcal-100, Pro-1g, Carb-11g, Fat-6g, Na-220mg, Chol-0)

(Potato, leek, onion, celery, low sodium veg base, margarine, flour, ground white pepper)

ENTREES

Chicken Tenders GFA

(4oz: Kcal-280, Pro-13g, Carb-18g, Fat-17g, Na-510mg, Chol-30mg)

(Chicken tender, breading, flour, egg, milk, oil)

Glazed Baked Ham GF

(4oz: Kcal-120, Pro-19g, Carb-6g, Fat-3g, Na-840mg, Chol-60mg)

(Ham, pineapple juice, honey, brown sugar, clove)

Ginger Orange Grilled Tofu GFA 

(4oz: Kcal-92, Pro-8g, Carb-6g, Fat-4g, Na-251mg)

(Tofu, orange juice, low sodium soy sauce, ginger, orange zest, sugar, cayenne pepper)

SIDES

Bread du Jour

Steamed Broccoli GF  

Scalloped Potatoes GF 

DESSERTS

Old Fashion Apple Cake

 Heart Healthy – Grilled Chicken Tenders, Broccoli, Brown Rice

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April 19, 2021 - Monday Lunch

APPETIZERS

Garden Salad GF



Soup du Jour

Gazpacho Soup



(6oz: Kcal-61, Pro-1g, Carb-7g, Fat-3g, Na-553mg)

(Mushroom, tomato, bell pepper, celery, cucumber, onion, vegetable oil, Worcestershire sauce, tarragon wine vinegar, tabasco sauce, tomato juice, granulated garlic, parsley, ground pepper)

ENTREES

Grilled Reuben GFA

(1 each: Kcal-820, Pro-25g, Carb-45g, Fat-60g, Na-1620mg, Chol-30mg)

(Rye bread, corned beef, Swiss cheese, sauerkraut, Thousand Island dressing, butter)

Grilled Turkey Reuben GFA

(1 each: Kcal-360, Pro-12g, Carb-21g, Fat-25g, Na-820mg, Chol-30mg)

(Rye bread, turkey breast, Swiss cheese, sauerkraut, Thousand Island dressing, butter)

Chicken Milanese

(4oz: Kcal-137, Pro-6g, Carb-6g, Fat-10g, Na-109mg, Chol-35)

(Chicken breast, egg, egg, olive oi, lemon juice, ground pepper, flour, panko, parmesan cheese, parsley, lemon zest)

Greek Feta Leek Quiche



(6oz: Kcal-80, Pro-11g, Carb-7g, Fat-1g, Na-230mg, Chol-4mg)

(Zucchini, leeks, green onion, dill weed, mint, parsley, black pepper, asiago parmesan cheese, feta cheese, egg substitute, 2% milk)

SIDES

Bread du Jour

Roasted Root Vegetables GF



Tater Tots

Linguini

DESSERTS

Blueberry Crumb Cake

Heart Healthy – Chicken Breast, Root Vegetables, Boiled Potatoes

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Garden Salad GF  

Soup du Jour

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(Mushroom, tomato, bell pepper, celery, cucumber, onion, vegetable oil, Worcestershire sauce, tarragon wine vinegar, tabasco sauce, tomato juice, granulated garlic, parsley, ground pepper)

ENTREES

Baked Red Snapper Veracruz GF

(4oz: Kcal-258, Pro-25g, Carb-9g, Fat-14g, Na-591mg, Chol-42mg)

(Red snapper, onion, cherry tomato, green olive, jalapeno pepper, caper, garlic, olive oil, caper juice, lime juice, oregano, ground pepper, cayenne pepper)

Au Poivre Steak

(4oz: Kcal-380, Pro-42g, Carb-3g, Fat-23g, Na-830mg, Chol-130)

(Beef, demi-glace, butter, olive oil, heavy cream, peppercorn, ground pepper, parsley)

Mexican Zucchini Boat GF 

(1 each: Kcal-103, Pro-5g, Carb-13g, Fat-4g, Na-274mg, Chol-6mg)

(Zucchini, black bean, brown rice, bell pepper, onion, corn, jalapeno pepper, salsa, shredded cheese, olive oil, cumin, chili powder, cilantro)

SIDES

Bread du Jour

Steamed Carrots GF  

Brussels Sprouts GF  

Garlic Mashed Potatoes GF  

DESSERTS

Caramel Cheesecake

Strawberry Rhubarb Pie

 Heart Healthy – Red Snapper, Carrots, Potatoes

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April 20, 2021 - Tuesday Lunch

APPETIZERS

Garden Salad GF  

Soup du Jour

Vegetarian Goulash Soup  

(6oz: Kcal-48, Pro-1g, Carb-9g, Fat-1g, Na-380mg)

(Onion, potato, carrot, parsnip, kidney bean, tomato, bell pepper, mushroom, garlic, olive oil, low sodium veg base, liquid smoke, smoked paprika, parsley, cumin, ground pepper, chili powder)

ENTREES

Chicken Spiedie Salad Sub GFA

(1 each: Kcal-516, Pro-25g, Carb-25g, Fat-35g, Na-660mg, Chol-62mg)

(Chicken breast, olive oil, lemon juice, white vinegar, garlic, parsley, basil, oregano, garlic salt, ground pepper, sub roll, lettuce, tomato)

Grilled Cuban Sirloin GF 

(4oz: Kcal-120, Pro-17g, Carb-2g, Fat-5g, Na-660mg, Chol-50mg)

(Beef, light brown sugar, cumin, onion powder, garlic powder, ground black pepper)

Spinach & Cheese Enchilada GF 

(1 each: Kcal-155, Pro-7g, Cho-24g, Fat-5g, Na-1480mg)

(Spinach, Monterey Jack cheese, tortilla, onion, chile pepper, garlic, olive oil, tomato sauce, parsley, ground pepper, oregano, cayenne pepper)

SIDES

Bread du Jour

Zucchini & Squash GF  

Freekah Pilaf  

DESSERTS

Pineapple Upside Down Cake



Heart Healthy – Chicken, Broccoli, Freekah Pilaf

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April 20, 2021 - Tuesday Dinner

APPETIZERS

Garden Salad GF  

Soup du Jour

Vegetarian Goulash Soup  

(6oz: Kcal-48, Pro-1g, Carb-9g, Fat-1g, Na-380mg)

(Onion, potato, carrot, parsnip, kidney bean, tomato, bell pepper, mushroom, garlic, olive oil, low sodium veg base, liquid smoke, smoked paprika, parsley, cumin, ground pepper, chili powder)

ENTREES

Jamaican Jerk Pork Tenderloin GF

(4oz: Kcal-328, Pro-44g, Carb-14g, Fat-10, Na-363mg, Chol-138mg)

(Pork, bacon, olive oil, red wine vinegar, orange juice, Dijon mustard, brown sugar, Jamaican jerk seasoning, ground pepper, orange zest)

Veal Parmesan GFA

(4oz: Kcal-350, Pro-25g, Carb-14g, Fat-21g, Na-990mg, Chol-100mg)

(Veal, breadcrumbs, mozzarella cheese, parmesan cheese, egg, marinara sauce, ground pepper, flour)

Vegetarian Linguini with Boca Crumbles 

(6oz: Kcal-320, Pro-23g, Carb-31g, Fat-13g, Na-674mg, Chol-25)

(Linguini, zucchini, mushroom, tomato, green onion, Boca crumble, provolone cheese, parmesan cheese, olive oil, butter, clove, ground pepper, basil)

SIDES

Bread du Jour

Sauteed Garlic Kale GF  

Roasted Peppers & Onions GF  

Roasted Sweet Potato & Apples GF  

DESSERTS

Peach Cobbler

Butter Pecan Cake

 Heart Healthy – Pork, Roasted Peppers & Onions, Roasted Sweet Potato

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April 21, 2021 - Wednesday Lunch

APPETIZERS

Garden Salad GF  

Soup du Jour

Black Bean Soup GF  

(6oz: Kcal-158, Pro-8g, Carb-27g, Fat-2g, Na-210mg, Chol-0mg)

(Black beans, onion, red chili peppers, jalapeno peppers, sun dried tomatoes, garlic, lemon, low sodium veg. base, olive oil, Sherry, cumin, oregano)

ENTREES

Tilapia with Citrus Salsa

(6oz: Kcal-634, Pro-36g, Carb-33g, Fat-40g, Na-697mg, Chol-62mg)

(Tilapia, mango, bell pepper, onion, garlic, jalapeno pepper, olive oil, lemon juice, lime juice, lemon juice, parsley, basil, ground pepper, cilantro)

Korean Style Meatballs

(4oz: Kcal-140, Pro-16g, Carb-8g, Fat-4g, Na-572mg, Chol-16mg)

(Beef meatballs, green onion, garlic, egg, minced ginger, Korean chili paste, apricot preserves, rice vinegar, soy sauce, panko breadcrumbs, ground pepper, toasted sesame seeds)

Apricot BBQ Tofu 

(4oz: Kcal-319, Pro-16g, Carb-45g, Fat-10g, Na-765mg, Chol-0mg)

(Tofu, apricot, onion, olive oil, low sodium vegetable base, molasses, maple syrup, soy sauce, liquid smoke, ginger, coriander, ground black pepper)

SIDES

Bread du Jour

Mixed Vegetables GF  

Steamed Rice GF  

DESSERTS

Banana Cake

 Heart Healthy – Tilapia w/ Citrus Salsa, Mixed Vegetables, Steamed Rice

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April 21, 2021 - Wednesday Dinner

APPETIZERS

Garden Salad GF  

Soup du Jour

Black Bean Soup GF  

(6oz: Kcal-158, Pro-8g, Carb-27g, Fat-2g, Na-210mg, Chol-0mg)

(Black beans, onion, red chili peppers, jalapeno peppers, sun dried tomatoes, garlic, lemon, low sodium veg. base, olive oil, Sherry, cumin, oregano)

ENTREES

Bruschetta Turkey Cutlet GF

(4oz: Kcal-160, Pro-31g, Carb-7g, Fat-13g, Na-840mg, Chol-45mg)

(Turkey breast, fresh mozzarella, spinach, tomato, garlic, olive oil, balsamic vinegar, Cajun seasoning, ground pepper, basil)

Stout Braised London Broil

(5oz: Kcal-460, Pro-44g, Carb-17g, Fat-22g, Na-369mg, Chol-133mg)

(Beef, bacon, onion, garlic, stout, honey, red wine vinegar, Worcestershire sauce, ground pepper, cornstarch, thyme, bay leaf)

Penne Pasta Pomodoro  

(6oz: Kcal-530, Pro-18g, Carb-92g, Fat-10g, Na-390mg, Chol-4mg)

(Penne, zucchini, cauliflower, bell pepper, onion, tomato, olive oil, basil, ground pepper, crushed red pepper, parmesan cheese, parsley)

SIDES

Bread du Jour

Cauliflower Au Gratin GF 

Roasted Butternut Squash GF  

Baked Stuffed Potato GF 

DESSERTS

Dutch Apple Pie
Chocolate Mousse

 Heart Healthy – Turkey Breast, Butternut Squash, Baked Potato

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April 22, 2021 - Thursday Lunch

APPETIZERS

Garden Salad GF  

Soup du Jour

Cream of Asparagus Soup GF 

(6oz: Kcal-143, Pro-3g, Carb-11g, Fat-10g, Na-450mg, Chol-8mg)

(Asparagus, Spanish onion, celery, low sodium veg. base, half and half, margarine, rice flour)

ENTREES

BLT Sandwich GFA

(1 each: Kcal-430, Pro-14g, Carb-33g, Fat-27g, Na-920mg, Chol-35mg)

(White or wheat bread, bacon, lettuce, tomato, mayo)

Caribbean Jerk Chicken Breast GFA 

(1 each: Kcal-110, Pro-19g, Carb-0g, Fat-3g, Na-220mg, Chol-60mg)

(Boneless skinless chicken breast, olive oil, Caribbean jerk seasoning)

Mushroom Ravioli with Vodka Sauce 

(6oz: Kcal-496, Pro-17g, Carb-84g, Fat-12g, Na-1220mg)

(Mushroom ravioli, onion, tomato, garlic, olive oil, vodka, balsamic vinegar, half and half, red pepper flake, basil, parmesan cheese, ground pepper)

SIDES

Bread du Jour

Broccoli GF  

Potato Chips

Macaroni Salad

DESSERTS

Lemon Bar

 Heart Healthy – Grilled Chicken, Broccoli, Baked Potato

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April 22, 2021 – Thursday Dinner

APPETIZERS

Garden Salad GF 



Soup du Jour

Cream of Asparagus Soup GF 

(6oz: Kcal-143, Pro-3g, Carb-11g, Fat-10g, Na-450mg, Chol-8mg)

(Asparagus, Spanish onion, celery, low sodium veg. base, half and half, margarine, rice flour)

ENTREES

Baked Stuffed Pork Chop

(4oz: Kcal-430, Pro-22g, Carb-25g, Fat-26g, Na-700mg, Chol-60mg)

(Pork, bread, onion, celery, low sodium chicken base, butter, milk, flour, ground white pepper, paprika, poultry seasoning)

Greek Chicken GF

(4oz: Kcal-568, Pro-43g, Carb-6g, Fat-40g, Na-916mg, Chol-217mg)

(Boneless skinless chicken breast, spinach, feta cheese, mozzarella cheese, cream cheese, onion, garlic, parsley, dill, lemon zest, ground pepper)

Roasted Vegetable Risotto GF 

(8oz: Kcal-530, Pro-15g, Carb-82g, Fat-15g, Na-525mg, Chol-0mg)

(Arborio rice, bell pepper, onion, tomato, black bean, low sodium veg. base, olive oil, oregano, ground pepper)

SIDES

Bread du Jour

Green Beans GF 

Sautéed Mushrooms GF 

Bourbon Mashed Sweet Potatoes GF 

DESSERTS

Cannoli

Blueberry Pie



Heart Healthy – Chicken Breast, Sautéed Mushrooms, Mashed Sweet Potatoes

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April 23, 2021 - Friday Lunch

APPETIZERS

Garden Salad GF  

Soup du Jour

Vegetable Orzo Soup  

(6oz: Kcal-68, Pro-2g, Carb-13g, Fat-1g, Na-143mg, Chol-0mg)

(Orzo, onion, celery, carrot, tomato, corn, green bean, low sodium veg, base, olive oil, ground pepper)

ENTREES

Quiche Lorraine

(1 slice: Kcal-410, Pro-13g, Carb-17g, Fat-32g, Na-450mg, Chol-110mg)

(Egg, bacon, onion, Swiss cheese, pie shell, butter, milk, parmesan cheese, cornstarch, nutmeg, ground white pepper)

Almond Crusted Flounder GFA

(4oz: Kcal-326, Pro-17g, Carb-11g, Fat-23g, Na-447mg, Chol-71mg)

(Flounder, almond, panko bread crumb, honey mustard, butter, lemon juice, olive oil, parsley)

Portobello Mushroom Burger GF 

(1 each: Kcal-203, Pro-10g, Carb-10g, Fat-15g, Na-260mg, Chol-200mg)

(Portobello mushroom, provolone cheese, garlic, balsamic vinegar, olive oil, basil, oregano, ground pepper)

SIDES

Bread du Jour

Seasoned Green Peas GF  

Herb Roasted Red Potatoes GF  

DESSERTS

Chocolate Peanut Butter No-Bake Cookies

 Heart Healthy – Flounder, Peas, Roasted Potatoes

April 23, 2021 – Friday Dinner

APPETIZERS

Garden Salad GF  

Soup du Jour

Vegetable Orzo Soup  

(6oz: Kcal-68, Pro-2g, Carb-13g, Fat-1g, Na-143mg, Chol-0mg)

(Orzo, onion, celery, carrot, tomato, corn, green bean, orzo, low sodium veg, base, olive oil, ground pepper)

ENTREES

Seared Sea Scallops GF 

(4oz: Kcal-100, Pro-14g, Carb-4g, Fat-3g, Na-600mg, Chol-30mg)

(Scallops, olive oil, black pepper)

Lamb Tikka Masala

(4oz: Kcal-200, Pro-12g, Carb-20g, Fat-8g, Na-160mg, Chol-40mg)

(Lamb, onion, butter, tomato paste, plain yogurt, heavy whipping cream, lemon juice, cilantro, ginger, chili powder, sugar, cardamom, cinnamon, cloves, cumin, coriander, ground pepper, crushed red pepper, turmeric)

Broccoli Quinoa Cakes 

(1 each: Kcal-255, Pro-13g, Carb-24g, Fat-11g, Na-744mg, Chol-44mg)

(Broccoli, quinoa, scallion, cheddar jack cheese, egg, garlic, oil, ground pepper, flour)

SIDES

Bread du Jour

Fried Okra 

Glazed Carrots with Pecans GF 

Lemon Rice Pilaf GF  

French Fries

DESSERTS

Tiramisu

Coconut Cream Pie



Heart Healthy – Scallops, Carrots, Lemon Rice Pilaf

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April 24, 2021 - Saturday Lunch

APPETIZERS

Garden Salad GF  

Soup du Jour

Cream of Mushroom Soup GF 

(6oz: Kcal-107, Pro-6g, Carb-13g, Fat-3g, Na-355mg)

(Mushroom, onion, garlic, low sodium veg base, skim milk, olive oil, soy sauce, flour, white pepper, thyme)

ENTREES

Lemon Basil Chicken Breast GF 

(4oz: Kcal-340, Pro-27g, Carb-31g, Fat-12g, Na-510mg)

(Boneless skinless chicken breast, couscous, spinach, lemon, onion, bell pepper, tomato, zucchini, low sodium vegetable base, basil, oregano, parsley, garlic)

Hamburger on a Bun GFA

(1 each: Kcal-350, Pro-19g, Carb-28g, Fat-18g, Na-300mg, Chol-55mg)

(Cheese, lettuce, tomato, onion available)

Vegetarian Jambalaya GF 

(6oz: Kcal-267, Pro-17g, Carb-35, Fat-8g, Na-239mg, Chol-0mg)

(Onion, bell pepper, celery, tomato, butter bean, kidney bean, tofu, garlic, olive oil, tomato sauce, Italian seasoning, crushed red pepper, fennel)

SIDES

Bread du Jour

Spinach GF  

Couscous  

Sweet Potato Fries

DESSERTS

Cream Puffs

 Heart Healthy – Lemon Basil Chicken Breast, Spinach, Couscous

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= Vegetarian



= Vegan



= Mindful

April 24, 2021 – Saturday Dinner

APPETIZERS

Garden Salad GF  

Soup du Jour

Cream of Mushroom Soup GF 

(6oz: Kcal-270, Pro-9g, Carb-14g, Fat-22g, Na-623mg)

(Mushrooms, onion, garlic, low sodium soy sauce, coconut milk, olive oil, oregano, basil, ground pepper)

ENTREES

Cheese Baked Ziti 

(6oz: Kcal-298, Pro-15g, Carb-40g, Fat-9g, Na-682mg)

(Ziti, ricotta cheese, mozzarella cheese, parmesan cheese, onion, zucchini, bell pepper, garlic, olive oil, marinara sauce, oregano, paprika, basil)

Fried Shrimp

(4oz: Kcal-80, Pro-7g, Cho-2g, Fat-5g, Na-300mg)

Cashew & Vegetable Curry GF  

(6oz: Kcal-252, Pro-15g, Carb-54g, Fat-9g, Na-114mg)

(Cashews, onion, tomato, sweet potato, apricot, tofu, garlic, honey, curry powder, cayenne pepper, cilantro)

SIDES

Bread du Jour

Fresh Vegetable Stir Fry 

Asparagus GF  

Quinoa  

DESSERTS

Pecan Pie

White Chocolate Raspberry Cake



Heart Healthy – Baked Shrimp, Vegetable Stir Fry, Quinoa

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