

April 25, 2021 - Sunday Brunch

Health Care and Windows Dining Only

APPETIZERS

Garden Salad GF  

Soup du Jour

Vegetable Soup GF  

(6oz: Kcal-60, Pro-g1, Carb-9g, Fat-2g, Na-160mg, Chol-0mg)

(Carrots, onion, potato, tomato, spinach, green beans, peas, garlic, low sodium veg. base, olive oil, ground black pepper, basil, parsley)

ENTREES

Carved New York Strip with Demi-Glace GF

(4oz: Kcal-295, Pro-22g, Carb-1g, Fat-20g, Na-670mg, Chol-90mg)

(Beef, garlic powder, onion, powder, ground black pepper, demi-glace)

Crab Cakes

(1 each: Kcal-220, Pro-15g, Carb-11g, Fat-12g, Na-510mg, Chol-100mg)

(Crabmeat, bell pepper, green onion, egg, lemon, olive oil, bread crumb, parsley, ground pepper, Old Bay)

Eggs Benedict

(1 each: Kcal-185, Pro-9g, Carb-15g, Fat-10g, Na-525mg, Chol-130mg)

(Egg, English muffin, Canadian bacon, hollandaise sauce, parsley)

Wild Mushroom Scampi GFA 

(6oz: Kcal-770, Pro-19g, Carb-90g, Fat-37g, Na-530mg, Chol-5mg)

(Shitake, & oyster mushrooms, penne pasta, sundried tomatoes, garlic, white wine, sherry, low sodium veg. base, cream, basil)

SIDES

Bread du Jour

Sausage GF Bacon GF Pancakes

Lima Beans O'Brien GF 

Baked Potato GF  

DESSERTS

Tapioca Pudding

Chocolate Peanut Butter Pie

 **Heart Healthy – New York Strip, Lima Beans, Baked Potato**

GFA=Gluten Free Available GF=Gluten Free



= Vegetarian



= Vegan



= Mindful

April 25, 2021 - Sunday Lunch

The Café and Meal Delivery Only

APPETIZERS

Garden Salad GF  

Soup du Jour

Vegetable Soup GF  

(6oz: Kcal-60, Pro-g1, Carb-9g, Fat-2g, Na-160mg, Chol-0mg)

(Carrots, onion, potato, tomato, spinach, green beans, peas, garlic, low sodium veg. base, olive oil, ground black pepper, basil, parsley)

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(1 each: Kcal-220, Pro-15g, Carb-11g, Fat-12g, Na-510mg, Chol-100mg)

(Crabmeat, bell pepper, green onion, egg, lemon, olive oil, bread crumb, parsley, ground pepper, Old Bay)

Wild Mushroom Scampi GFA 

(6oz: Kcal-770, Pro-19g, Carb-90g, Fat-37g, Na-530mg, Chol-5mg)

(Shitake, & oyster mushrooms, penne pasta, sundried tomatoes, garlic, white wine, sherry, low sodium veg. base, cream, basil)

SIDES

Bread du Jour

Lima Beans O'Brien GF 

Baked Potato GF  

DESSERTS

Tapioca Pudding

Chocolate Peanut Butter Pie

 Heart Healthy – New York Strip, Lima Beans, Baked Potato

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April 25, 2021 – Sunday Dinner

APPETIZERS

Garden Salad GF  

Soup du Jour

Vegetable Soup GF  

(6oz: Kcal-60, Pro-g1, Carb-9g, Fat-2g, Na-160mg, Chol-0mg)

(Carrots, onion, potato, tomato, spinach, green beans, peas, garlic, low sodium veg. base, olive oil, ground black pepper, basil, parsley)

ENTREES

Fruit & Cottage Cheese Cold Plate GF 

(6oz: Kcal-180, Pro-11g, Carb-26g, Fat-4g, Na-300mg, Chol-0mg)

(Pineapple, honeydew, grape, strawberry, blueberry, watermelon, fresh fruit in season, cottage cheese, yogurt, pecan, lettuce)

Turkey Piccata GF

(4oz: Kcal-227, Pro-33g, Carb-3g, Fat-9g, Na-659mg, Chol-94mg)

(Turkey cutlet, capers, shallots, garlic, olive oil, low sodium chicken base, lemon juice, butter, ground pepper, parsley, corn starch)

Gnocchi with Roasted Squash, Brown Butter & Sage 

(6oz: Kcal-453, Pro-9g, Carb-43g, Fat-27g, Na-1047mg, Chol-80mg)

(Gnocchi, butternut squash, garlic, butter, olive oil, sage, black peppercorn)

SIDES

Bread du Jour

Green Beans GF 

Rice Pilaf GF 

DESSERTS

Cherry Pie

 Heart Healthy – Turkey Cutlet, Green Beans, Rice Pilaf

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April 26, 2021 – Monday Lunch

APPETIZERS

Garden Salad GF  

Soup du Jour

Pasta Fagioli 

(6oz: Kcal-90, Pro-3g, Carb-15g, Fat-2g, Na-330mg, Chol-0mg)

(Pasta, cannellini bean, onion, carrot, celery, tomato, garlic, olive oil, low sodium veg. base, sage, rosemary, parsley, cornstarch)

ENTREES

Mediterranean Pasta 

(4oz: Kcal-612, Pro-21g, Carb-61g, Fat-30g, Na-888mg, Chol-94mg)

(Fettuccine, onion, mushroom, sun-dried tomato, black olive, artichoke heart, tomato, garlic, olive oil, white wine, lemon juice, parmesan cheese, ground black pepper)

Walnut Chicken Salad Wrap 

(1 each: Kcal-460, Pro-22g, Carb-57g, Fat-16g, Na-500mg, Chol-45mg)

(Chicken breast, tortilla, apple, cherry, onion, walnut, spinach, carrot, orange marmalade, mayo, parsley, ground pepper)

Vegetable Cassoulet GF 

(6oz: Kcal-370, Pro-11g, Carb-45g, Fat-15g, Na-581mg, Chol-14mg)

(Mushroom, onion, sweet potato, turnip, kidney bean, tomato paste, low sodium veg. base, olive oil, white wine, butter, parmesan cheese, ground black pepper, thyme, fennel)

SIDES

Bread du Jour

Mediterranean Vegetable Blend GF  

Roasted Potatoes GF 

DESSERTS

Triple Chocolate Tiger Cake

 Grilled Chicken Breast, Mediterranean Vegetable Blend, Roasted Potatoes

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April 26, 2021 – Monday Dinner

APPETIZERS

Garden Salad GF  

Soup du Jour

Pasta Fagioli 

(6oz: Kcal-90, Pro-3g, Carb-15g, Fat-2g, Na-330mg, Chol-0mg)

(Pasta, cannellini bean, onion, carrot, celery, tomato, garlic, olive oil, low sodium veg. base, sage, rosemary, parsley, cornstarch)

ENTREES

Lobster & Shrimp Stuffed Sole

(4oz: Kcal-643, Pro-45g, Carb-11g, Fat-46g, Na-1544mg)

(Sole, lobster, shrimp, olive oil, butter, breadcrumb, paprika, thyme, garlic powder, dill, parsley, lemon zest)

Brown Sugar Rubbed Pork Loin GF 

(4oz: Kcal-450, Pro-27g, Carb-45g, Fat-19g, Na-470mg, Chol-70mg)

(Pork loin, brown sugar, rosemary, ground pepper)

Broccoli Cheddar Quiche 

(1 wedge: Kcal-310, Pro-14g, Carb-20g, Fat-20g, Na-500mg, Chol-250mg)

(Egg, broccoli, cheddar cheese, onions, butter, 2% milk, ground pepper, flour)

SIDES

Bread du Jour

Garlic Spinach with Roasted Peppers GF 

Corn Pudding 

Baked Sweet Potato  

DESSERTS

Berry Shortcake

Red Velvet Cake

 Heart Healthy – Baked Sole, Steamed Spinach, Baked Sweet Potato

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April 27, 2021 – Tuesday Lunch

APPETIZERS

Garden Salad GF  

Soup du Jour

Creamy Wild Rice & Mushroom Soup GF 

(6oz: Kcal-440, Pro-14g, Carb-45g, Fat-19g, Na-809mg)

(Wild rice, sliced mushrooms, onion, celery, carrots, garlic, white wine, low sodium veg. base, coconut milk, ground pepper, thyme, flour)

ENTREES

Turkey Club

(1 sandwich: Kcal-380, Pro-27g, Carb-41g, Fat-13g, Na-1210mg, Chol-40mg)

(Turkey, bacon, lettuce, tomato, wheat bread)

Beef Enchilada GF

(1 each: Kcal-265, Pro-11g, Carb-18g, Fat-18g, Na-270mg)

(Beef, corn tortilla, green chilies, cheese, enchilada sauce, olive oil, low sodium beef base, chili powder, garlic powder, cumin, oregano, ground black pepper)

Tofu Stir Fry 

(6oz: Kcal-184, Pro-17g, Carb-13g, Fat-9g, Na-374mg)

(Tofu, broccoli, carrot, green bean, soy sauce, cornstarch, ground pepper, ginger)

SIDES

Bread du Jour

Yellow Squash & Zucchini GF  

Black Beans & Rice GF

DESSERTS

Apple Crisp

 Heart Healthy – Turkey, Squash & Zucchini, Black Beans & Rice

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April 27, 2021 – Tuesday Dinner

APPETIZERS

Garden Salad GF  

Soup du Jour

Creamy Wild Rice & Mushroom Soup 

(6oz: Kcal-440, Pro-14g, Carb-45g, Fat-19g, Na-809mg)

(Wild rice, sliced mushrooms, onion, celery, carrots, garlic, white wine, low sodium veg. base, coconut milk, ground pepper, thyme, flour)

ENTREES

Whiskey Meatloaf

(4oz: Kcal-347, Pro-22, Carb-32g, Fat-14g, Na-1047mg)

(Ground beef, onion, celery, egg, bourbon, Worcestershire sauce, apple cider vinegar, ketchup, molasses, breadcrumb, ginger, cumin, onion powder, clove, cayenne pepper, oregano, thyme, ground pepper, paprika, parsley)

Sweet & Sour Almond Chicken GFA

(4oz: Kcal-755, Pro-17g, Carb-38g, Fat-15g, Na-1090mg, Chol-40mg)

(Breaded boneless skinless chicken breast, almonds, sweet & sour sauce)

Creamy Tomato Cheese Tortellini 

(6oz: Kcal-511, Pro-21g, Carb-54g, Fat-23g, Na-704mg, Chol-86mg)

(Cheese tortellini, tomato, spinach, garlic, butter, milk, heavy whipping cream, parmesan cheese, onion, powder, basil, oregano, ground black pepper, flour)

SIDES

Bread du Jour

Broccoli GF  

Roasted Eggplant with Balsamic Glaze GF  

Mashed Potatoes GF 

DESSERTS

Banana Cream Pie

Fruit of the Forest Pie

 Heart Healthy – Grilled Chicken Breast, Broccoli, Baked Potato

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April 28, 2021 – Wednesday Lunch

APPETIZERS

Garden Salad GF  

Soup du Jour

Lentil, Tomato & Spinach Soup GF  

(6oz: Kcal-128, Pro-8g, Carb-22g, Fat-2g, Na-270mg, Chol-0mg)

(Lentils, spinach, carrot, celery, onion, garlic, olive oil, low sodium vegetable base, red wine vinegar, thyme, ground pepper, bay leaf, basil)

ENTREES

Skirt Steak with Chimichurri GF

(4oz: Kcal-510, Pro-19g, Carb-6g, Fat-46g, Na-760mg, Chol-65mg)

(Skirt steak, olive oil, balsamic vinegar, red wine vinegar, parsley)

Chicken Avocado Pita

(1 each: Kcal-202, Pro-13g, Carb-4g, Fat-15g, Na-294mg, Chol-39mg)

(Chicken, avocado, lettuce, tomato, mayo, Greek yogurt, lime juice, garlic powder, ground pepper, cilantro)

Vegetable Quinoa Pilaf with Tempeh 

(6oz: Kcal-333, Pro-23g, Carb-35g, Fat-14g, Na-99mg, Chol-0mg)

(Bell pepper, onion, spinach, quinoa, tempeh, olive oil, paprika, cumin, ground pepper, cilantro)

SIDES

Bread du Jour

Brussels Sprouts GF  

Cheese Pierogies 

DESSERTS

Baklava

 Heart Healthy – Catch of the Day, Brussels Sprouts, Boiled Potatoes

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April 28, 2021 – Wednesday Dinner

APPETIZERS

Garden Salad GF  

Soup du Jour

Lentil, Tomato & Spinach Soup GF  

(6oz: Kcal-128, Pro-8g, Carb-22g, Fat-2g, Na-270mg, Chol-0mg)

(Lentils, spinach, carrot, celery, onion, garlic, olive oil, low sodium vegetable base, red wine vinegar, thyme, ground pepper, bay leaf, basil)

ENTREES

BBQ Pork Ribs

(4 ribs: Kcal-260, Pro-20g, Carb-11g, Fat-29g, Na-840mg, Chol-95mg)

(Pork ribs, BBQ sauce, ground pepper, paprika, cayenne pepper, garlic powder, ground mustard, sugar)

Grilled Vegetable Mac & Cheese 

(6oz: Kcal-227, Pro-12g, Carb-30g, Fat-8g, Na-341mg)

(Broccoli, cauliflower, butternut squash, brussels sprouts, onion, elbow macaroni, cheddar cheese, Havarti cheese, parmesan cheese, olive oil, milk, low sodium vegetable base, butter, flour, ground black pepper)

Sweet Potato Cakes GFA 

(1 each: Kcal-140, Pro-6g, Carb-22g, Fat-4g, Na-300mg, Chol-10mg)

(Sweet potato, egg, cheddar cheese, green onion, jalapeno pepper, milk, flour, baking powder, cayenne pepper, cilantro)

SIDES

Bread du Jour

Braised Red Cabbage GF  

Roasted Root Vegetables GF 

Potato Wedges GF 

DESSERTS

Birthday Cake

 Heart Healthy – Pork, Roasted Root Vegetables, Potato Wedges

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April 29, 2021 – Thursday Lunch

APPETIZERS

Garden Salad GF  

Soup du Jour

Chilled Berry Soup GF 

(60z: Kcal-151, Pro-2g, Carb-35g, Fat-1g, Na-25mg, Chol-2mg)

(Strawberry, raspberry, blueberry, raspberry yogurt, apple juice, lemon juice, sugar, nutmeg)

ENTREES

Pork Lo Mein GFA

(4oz: Kcal-280, Pro-14g, Carb-26g, Fat-13g, Na-960mg)

(Pork, lo mein noodle, onion, bell pepper, bok choy, mushroom, hoisin sauce, low sodium soy sauce, garlic)

Shrimp Taco with Garlic Cilantro Lime Slaw

(1 each: Kcal-426, Pro-28g, Carb-35g, Fat-22g, Na-930mg, Chol-199mg)

(Shrimp, green cabbage, tortilla shell, green onion, sour cream, lime juice, olive oil, cilantro, chili powder, cumin, onion powder, garlic powder, cayenne pepper)

Pasta with Black Beans & Artichokes  

(6oz: Kcal-213, Pro-9g, Carb-42g, Fat-2g, Na-207mg, Chol-0mg)

(Penne, black beans, artichokes, green onion, tomato, garlic, low sodium veg base, olive oil, oregano, red pepper flakes, ground black pepper)

SIDES

Bread du Jour

Vegetable Stir Fry 

Potato Salad GF 

DESSERTS

Rice Pudding

 Heart Healthy – Pork, Vegetable Blend, Brown Rice

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April 29, 2021 – Thursday Dinner

APPETIZERS

Garden Salad GF  

Soup du Jour

Chilled Berry Soup GF 

(60z: Kcal-151, Pro-2g, Carb-35g, Fat-1g, Na-25mg, Chol-2mg)

(Strawberry, raspberry, blueberry, raspberry yogurt, apple juice, lemon juice, sugar, nutmeg)

ENTREES

Chicken Dijonnaise

(4oz: Kcal-436, Pro-30g, Carb-11g, Fat-26g, Na-645mg, Chol-171mg)

(Boneless skinless chicken breast, shallot, Dijon mustard, heavy whipping cream, olive oil, white wine, butter, ground black pepper, thyme)

Mongolian Beef Stir Fry GF

(4oz: Kcal-342, Pro-28g, Carb-40g, Fat-8g, Na-1691mg, Chol-68mg)

(Flank steak, garlic, green onion, olive oil, soy sauce, ginger, brown sugar, cornstarch)

Mediterranean Garden Burger GFA 

(1 burger: Kcal-350, Pro-19g, Carb-53g, Fat-8g, Na-980mg, Chol-15mg)

(Garden burger, hamburger bun, lettuce, feta cheese, hummus, tzatziki sauce, tomato cucumber relish)

SIDES

Bread du Jour

Cauliflower GF  

Green Peas GF  

Vegetable Fried Rice 

DESSERTS

Lemon Cream Cake

Ithaca Bakery Whoopie Pie



Heart Healthy – Chicken, Peas, Roasted Potatoes

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April 30, 2021 – Friday Lunch

APPETIZERS

Garden Salad GF  

Soup du Jour

Miso Soup 

(6oz: Kcal-29, Pro-3, Carb-2g, Fat-1g, Na-185mg, Chol-1mg)

(Dried seaweed, tofu, scallion, miso paste, mirin)

ENTREES

Greek Cobb Salad

(1 each: Kcal-514, Pro-23g, Carb-11g, Fat-42g, Na-479mg, Chol-155mg)

(Romaine lettuce, egg, tomato, chicken breast, avocado, cucumber, artichoke heart, feta cheese, bell pepper, kalamata olive, chickpea, onion, olive oil, red wine vinegar, parsley, dry mustard, thyme, oregano, ground black pepper, Greek dressing)

Chili Mac

(6oz: Kcal-210, Pro-9g, Carb-25g, Fat-8g, Na-300mg, Chol-25mg)

(Ground beef, elbow macaroni, tomato, onion, bell pepper, butter, ground white pepper, sugar, chili powder)

Brie, Fig and Pear Panini 

(1 each: Kcal-542, Pro-21g, Carb-38g, Fat-29g, Na-739mg)

(Wheat bread, brie, fig preserve, pear, arugula, butter)

SIDES

Bread du Jour

Spring Blend Vegetables  

Parsley Boiled Potatoes GF 

DESSERTS

Cranberry Coffee Cake

 **Heart Healthy – Grilled Chicken, Spring Vegetable Blend, Boiled Potatoes**

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April 30, 2021 – Friday Dinner

APPETIZERS

Garden Salad GF  

Soup du Jour

Miso Soup 

(6oz: Kcal-29, Pro-3, Carb-2g, Fat-1g, Na-185mg, Chol-1mg)

(Dried seaweed, tofu, scallion, miso paste, mirin)

ENTREES

Dijon Crusted Cod

(4oz: Kcal-263, Pro-28g, Carb-18g, Fat-8g, Na-344mg, Chol-61mg)

(Cod, Dijon mustard, olive oil, white vinegar, ground pepper, panko, sugar, dry mustard)

Prime Rib GF

(4oz: Kcal-230, Pro-15g, Carb-0g, Fat-18g, Na-470mg, Chol-55mg)

(Prime rib, ground black pepper)

Stuffed Mushrooms with Quinoa and Tempeh 

(6oz: Kcal-358, Pro-15.5g, Carb-34g, Fat-17g, Na-218mg, Chol-25mg)

(Mushroom, quinoa, tempeh, tomato, orzo, goat cheese, pesto, olive oil, basil, black pepper)

SIDES

Bread du Jour

Creamed Corn GF 

Glazed Carrots GF 

Steak Fries

DESSERTS

Peanut Butter Pie

Orange Chocolate Cake



Heart Healthy – Baked Cod, Carrots, Baked Potato

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May 1, 2021 – Saturday Lunch

APPETIZERS

Garden Salad GF  

Soup du Jour

Roasted Cauliflower Soup 

(6oz: Kcal-135, Pro-5g, Carb-11g, Fat-8g, Na-165mg, Chol-11mg)

(Cauliflower, onion, celery, cheddar cheese, low sodium veg. base, butter, milk, Tabasco sauce, Worcestershire sauce, flour)

ENTREES

Beef Hot Dog on a Roll

(1 each: Kcal-310, Pro-10g, Carb-26g, Fat-18g, Na-820mg, Chol-35mg)

Pineapple Orange Chicken Breast GF

(4oz: Kcal-274, Pro-29g, Carb-32g, Fat-4g, Na-818mg, Chol-70mg)

(Chicken breast, pineapple, mandarin orange, water chestnut, green onion, low sodium chicken base, olive oil, lemon juice, low sodium soy sauce, ginger, brown sugar, sriracha garlic seasoning, cornstarch)

Beefless Sweet & Sour Stir Fry GF 

(6oz: Kcal-250, Pro-16g, Carb-38g, Fat-4g, Na-380mg)

(Vegetarian beef strips, bell pepper, granny smith apple, vegetable oil, apple cider vinegar, cornstarch, ground pepper, light brown sugar)

SIDES

Bread du Jour

Broccoli with Garlic & Lemon  

Steamed Rice 

Potato Chips

DESSERTS

Chocolate Mousse

 Heart Healthy –Chicken, Broccoli, Rice

May 1, 2021 – Saturday Dinner

APPETIZERS

Garden Salad GF  

Soup du Jour

Roasted Cauliflower Soup 

(6oz: Kcal-180, Pro-7g, Carb-115g, Fat-10g, Na-220mg)

(Cauliflower, onion, celery, cheddar cheese, low sodium veg. base, butter, milk, Tabasco sauce, Worcestershire sauce, flour)

ENTREES

Cranberry Glazed Cornish Hen GF

(1/2: Kcal-447, Pro-28g, Carb-28g, Fat-22g, Na-84mg)

(Cornish Hen, cranberry sauce, white wine, lemon juice, corn starch)

Shrimp Scampi GF

(4oz: Kcal-230, Pro-13g, Carb-5g, Fat-14g, Na-890mg)

(Shrimp, garlic, low sodium vegetable base, olive oil, white wine, butter, lemon rind, oregano, basil)

Eggplant Rollatini 

(3 each: Kcal-726, Pro-35g, Carb-44g, Fat-48g, Na-3182mg)

(Eggplant, onion, tomato, ricotta cheese, mozzarella cheese, parmesan cheese, garlic, egg, olive oil, tomato sauce, low sodium veg base, parsley, sugar, basil, ground pepper, crushed red pepper flake, bread crumb)

SIDES

Bread Du Jour

Succotash GF 

Blistered Tomatoes with Herbs GF 

Barley Pilaf  

Capellini 

DESSERTS

Lemon Meringue Pie
German Chocolate Cake

 Heart Healthy – Baked Shrimp, Succotash, Barley Pilaf