

Spring Week 1 April 22- April 28

Sunday Brunch

Appetizers

Tossed Green Salad

Entree

(served with your choice of two sides)

Eggs Benedict

Waffles with Strawberry Sauce

Fish du Jour

Lamb Roulade with Spinach & Feta

Cauliflower & Goat Cheese Quiche

Contains: Gluten & Dairy

Desserts

Chef's Choice

Monday Selections

Appetizers

Curried Lentil Soup

Contains: Garlic

Entrées

Indian Butter Chicken

Contains: Dairy & Garlic

Pork Tagine with Parsnips & Prunes

Contains: Garlic

Falafel with Roasted Tomato Saffron Sauce

Vegetable & Starch du Jour

Ginger Green Beans

Moroccan Couscous

♥ *Heart Healthy Item*

(lower in fat or calories - not free from these items)

Tuesday Selections

Appetizers

Hot & Sour Soup

Entrées

Roasted Duck Breast with Soy-Orange Glaze

Beef Roulade with Ginger Sauce

Vegetable Tofu Stir Fry

Contains: Garlic

Vegetable & Starch du Jour

Broccoli

Fried Rice

♥ *Heart Healthy Item*

(lower in fat or calories - not free from these items)

Wednesday Selections

Appetizers

Spring Pea Soup

Entrées

Liver with Bacon & Onions

Fish du Jour

Vegetable Quiche

Contains: Gluten & Dairy

Vegetable & Starch du Jour

Spring Carrots

Herbed Fingerling Potatoes

♥ *Heart Healthy Item*

(lower in fat or calories - not free from these items)

Thursday Selections

Appetizers

Cream of Asparagus Soup

Contains: Dairy

Entrées

Smoked Prime Rib with Jus & Horseradish Sour Cream

Contains: Dairy

Stuffed Quail with Rhubarb Sauce

Contains: Gluten

Eggplant Lentil Terrine

Vegetable & Starch du Jour

Spinach

Twice Baked Potato

♥ *Heart Healthy Item*

(lower in fat or calories - not free from these items)

Friday Selections

Appetizers

Brunswick Stew

Entrées

Grilled Chicken with White Wine & Thyme Sauce

Cajun Catfish with Creole Mustard Sauce

Vegetable Jambalaya

Contains: Garlic

Vegetable & Starch du Jour

Chard

Baked Sweet Potatoes

♥ *Heart Healthy Item*

(lower in fat or calories - not free from these items)

Saturday Selections

Appetizers

Spring Onion Soup

Entrées

Pork Loin with Slow- Roasted Grapes & Sherry

Beef Short Ribs

Contains: Garlic

Spring Vegetable Turnover

Contains: Gluten & Dairy

Vegetable & Starch du Jour

Seasonal Vegetables

Creamy Polenta

♥ *Heart Healthy Item*

(lower in fat or calories - not free from these items)