

Healthy Selections 🥕

*Healthy Selections may be enjoyed on a Heart Healthy Diet.
A combination of one Healthy Selections entrée and two Healthy Selections side dishes are low in overall fat, saturated fat, cholesterol and are under 600 mg. of sodium.*

Veal Scallops in Irish Whiskey Sauce 🥕

Veal scaloppini are seasoned with paprika, sage and ginger and sautéed with shallots and mushrooms and served with Irish whiskey pan reduction sauce.

Chicken Curry with Basmati Rice 🥕

Cubed chicken is simmered with onions and tomatoes with curry seasonings and served on a bed of basmati rice.

Artichoke Parmesan Stuffed Tilapia 🥕

Tilapia fillet is topped with artichoke and Parmesan stuffing and baked.

Grilled Lamb Kabobs with Lemon and Dill 🥕

Lamb cubes are seasoned with olive oil, lemon, dill and garlic, threaded onto skewers and grilled.

Baked Eggplant with Cheesy Stuffing 🥕

Half an eggplant is stuffed with Feta, onion, bell pepper and tomato bread crumb stuffing and baked. ***This is a vegetarian dish and contains no meat.***

Hearty Selections

Golden Pork Chops

Boneless pork loin chops are baked on a bed of cornbread and creamed corn dressing.

Sweet Sour Meat Loaf

Old fashioned all-beef meat loaf topped with sweet sour cider and mustard glaze.

French Onion Beef Brisket Sandwich

Beef brisket is slow roasted with caramelized onions, carved and served on a bun with Swiss cheese and onion pan sauce.

Chopped Salad Italiano

Chopped Romaine lettuce is topped with tomatoes, pasta, Monterey Jack cheese, cucumber, ham, bacon and Italian dressing.

Prime Rib, au Jus

Saturday special, carved to order and served with au Jus.

Healthy Selection Side Dishes

Mashed Potatoes 🥕

Potatoes mashed with skim milk, margarine and salt.

Baked Potatoes 🥕

Sour cream is available upon request.

Basmati Rice 🥕

Sweet Potato and Parsnip Puree 🥕

Creamy pureed parsnips and sweet potatoes enhanced with brown sugar and fresh chives.

Paprika Roasted Potato Wedges 🥕

Roasted Beets and Carrots 🥕

Fresh red beets and carrots are roasted with a glaze of Catalina dressing.

Lemon-Pepper Vegetable Medley 🥕

Garden blend of fresh vegetables lightly steamed and seasoned with lemon pepper.

Chef's Choice Vegetable of the Day

A different vegetable of the day is offered Wednesday-Saturday.

Hearty Selections Side Dishes

French Fries

Seasoned Fries

Lightly breaded French fries seasoned with chives.

Classic Corn Pudding

By request! Baked casserole with corn, eggs and Cheddar cheese.

Beverage Selections

Orange Juice Cranberry Juice V-8 Juice

Skim Milk Whole Milk 2% Milk Buttermilk

Pepsi Diet Pepsi Sierra Mist Root Beer

Sugar-Free Iced Tea Sugar-Free Lemonade

Gevalia Regular and Decaf Coffee~Lipton Tea, Green Tea and Decaf Tea

Entrée Nutrient Information--Week of July 25, 2011

Dinner Healthy Selections

Veal Scallops in Irish Whiskey Sauce

Calories 208, Fat: 10g, Protein: 23g Cholesterol: 90mgs, Sodium: 433mg,
Carbohydrate: 3g; Dietary Fiber: 1g

Chicken Curry with Basmati Rice

Calories 411, Fat: 7g (1g Saturated Fat), Cholesterol: 66mgs, Sodium: 524 mg,
Carbohydrate: 55g; Dietary Fiber: 3g, Protein: 32g

Artichoke Parmesan Stuffed Tilapia

Calories 241, Fat: 7g (2g sat fat), Cholesterol: 82mgs, Sodium: 265mg,
Carbohydrate: 6g, Protein: 40g.

Grilled Lamb Kabobs with Lemon and Dill

Calories: 266, Fat: 15g (4g sat fat); Cholesterol: 95mg, Sodium: 291mg,
Carbohydrates: .7g, Protein: 30g.

Baked Eggplant wit Cheesy Stuffing

Calories: 178, Fat: 6g (3g sat fat); Cholesterol: 8mg, Sodium: 317mg,
Carbohydrates: 28g, Protein: 8g.

Dinner Hearty Selections

Golden Pork Chops

Calories 244, Fat: 4g, Cholesterol: 20mgs, Sodium: 614mg,
Carbohydrate: 41g; Protein: 12g Dietary Fiber: 3g.

Sweet Sour Meat Loaf

Calories: 419, Fat: 17g (6g sat fat); Cholesterol: 146mg, Sodium: 586mg,
Carbohydrate: 38g, Protein: 28g, Dietary Fiber: 1g.

French Onion Beef Brisket Sandwich

Calories: 490, Fat: 17g, Cholesterol: 60mg, Sodium: 890mg,
Carbohydrate: 38g, Protein: 43g, Dietary Fiber: 2g.

Chopped Salad Italiano

Calories: 230, Fat: 9g (4g sat fat); Cholesterol: 40mg, Sodium: 1110mg,
Carbohydrate: 19g, Protein: 18g, Dietary Fiber: 4g.