

Patio Dining Room Menu

March 13 through March 19, 2017

Set Breakfast - \$4.75

Monday to Friday

8 a.m. to 10 a.m.

Light Luncheon - \$12.00

Monday to Saturday

11:30 a.m. to 1:30 p.m.

Dinner - \$15.00

Monday to Saturday

11:30 a.m. to 1:30 p.m. &

4 p.m. to 7 p.m.

Sunday: 11 a.m. to 3 p.m.

Take-Out Hours

Monday to Saturday

11:30 a.m. to 1:30 p.m.

4 p.m. to 5 p.m.

6:30 p.m. to 7 p.m.

Choice of Juice or Soup

Monday, March 13

Wellness

Soup: Hearty Vegetarian Vegetable
Honey Garlic Chicken or Shrimp & Scallop Kabob
Sautéed Green Beans or Normandy Blend Vegetables
Brown Rice or Herbed Quinoa

Catch of the Day: Baked Haddock

Wednesday, March 15

Soup: Chicken & Wild Rice
Stuffed Pork Loin Chops or Black Angus Chopped Sirloin
Garden Peas & Carrots or Sautéed Zucchini
Herbed Rice or Au Gratin Potatoes

Catch of the Day: Cajun Snapper

Friday, March 17



Soup: Mulligatawny
Irish Stew or Corned Beef and Cabbage
Creamed Pearl Onions or Whole Baby Carrots
Red Skin Potatoes or Egg Noodles

Catch of the Day: Baked Pangasius

Sunday, March 19

Soup: Lobster Bisque
Tossed Salad

Pineapple Glazed Ham or Sirloin of Beef
Carrot Soufflé or Steamed Asparagus

Mashed Sweet Potatoes or Baked Potato w/Sour Cream

Catch of the Day: Salmon in Dill Sauce

Tuesday, March 14

Soup: Portabella Mushroom
Braised Short Ribs or Rosemary Chicken
Roasted Brussel Sprouts or Seasoned Beets
Homestyle Mashed Potatoes or Buttered Egg Noodles

Catch of the Day: Beer Battered Cod

Thursday, March 16

Soup: Lentil
Sauerbraten or

Knockwurst • Bratwurst
Potato Pancake • Red Cabbage
Whole Green Beans • Sauerkraut
Noodles Romanoff or German Potato Salad

Catch of the Day: Crab Stuffed Lemon Sole

Saturday, March 18

Soup: Pasta Fagioli
Linguini with Clams & Garlic Toast or Veal Pizzaiola
Sautéed Peppers & Onions or Sicilian Vegetables
Parmesan Risotto or Fettuccini Alfredo

Catch of the Day: Grilled Swordfish

Catch of the Day Toppings...

- Lemon Butter Caper
- Mango Pineapple Salsa
- Ponzu Sauce

* Please Note: The catch of the day is subject to Availability.

As always, we offer plain Baked Chicken & Fish daily, also Clear Broth-both Regular & Low Sodium

No Substitutions Please

Week 1

Turn over for more dining information

Dining Home Delivery Menus, Information & Announcements

Standard Home Delivery Menu March 13 to March 19, 2017

TO ORDER - Dial 783-4065 or 783-4061

Orders taken Sunday between 10:00 and 11:00 a.m.

Lunch: Mon. to Sat. 10:30 - 11:30 a.m.

Dinner: Mon. to Sat. 2:30 - 3:30 p.m.

There is a \$5.00 delivery charge for non-medical home deliveries.

Lunch & Dinner include Soup du Jour or Juice,
Choice of Entrée, Starch, Vegetable
and Beverage, Roll, Salad du Jour and Dessert.

Light Lunch Menu Entrées & Salad Cold Plates:

MONDAY Whole Grain Spaghetti Casserole
Shrimp Salad

TUESDAY Hot Roast Beef On Kaiser
Chef Salad

WEDNESDAY Lemon Pepper Chicken Tenders
Cottage Cheese /Fruit Plate

THURSDAY BBQ Beef On Bun
Chicken Caesar Salad

FRIDAY Tuna Salad on Sub Roll
Egg Salad

SATURDAY Chicken & Rice Casserole


Happy
St. Patrick's Day



Did You Know?

The Dining Room will be offering
Irish coffee on St. Patty's Day

Please Join Us For Our

**HAPPY
HOUR**

EVERY THURSDAY
4:00 - 5:30 P.M.
LAKESIDE
DINING ROOM

**No Reservation needed,
First Come, First Served**



Food for Thought – Week 1
March 13 through March 19

	Serving Size-oz	Calories	Total Fat g	Choles- terol mg	Sodium mg	Total Carbs g	Fiber g	Protein
<i>Monday – March 13</i>								
Hearty Vegetable Soup	6 oz	55	1	1	284	11	2	2
Honey Garlic Chicken	6 oz	853	13	256	1902	113	4	69
Shrimp & Scallop Kabob	1 each	365	24	188	701	8	3	30
Baked Haddock	4 oz	176	12	53	375	1	0	16
Sauteed Green Beans	½ cup	58	3	0	140	8	4	2
Normandy Blend Vegetables	½ cup	35	2	0	38	4	2	1
Brown Rice	½ cup	115	3	5	160	21	1	2
Herbed Quinoa	½ cup	99	2	0	16	17	2	4
Light Lunch – Whole Grain Spaghetti Casserole								
	6 oz	539	28	104	1241	40	1	35
<i>Tuesday – March 14</i>								
Portabella Mushroom Soup	6 oz	75	6	6	429	4	0	2
Braised Short Ribs	6 oz	425	32	112	108	6	1	29
Rosemary Chicken	1 each	223	13	93	239	3	1	20
Beer Battered Cod	4 oz	229	13	60	113	7	0	19
Roasted Brussels Sprouts	½ cup	54	2	3	75	8	4	4
Seasoned Beets	½ cup	53	2	5	211	8	2	1
Homestyle Mashed Potatoes	½ cup	109	6	12	253	12	1	3
Buttered Egg Noodles	½ cup	142	5	28	108	20	1	4
Light Lunch – Hot Roast Beef on Kaiser								
	1 each	297	7	58	1277	31	1	27
<i>Wednesday - March 15</i>								
Chicken & Wild Rice Soup	6 oz	122	5	16	88	12	1	7
Stuffed Pork Loin Chops	1 each	276	9	96	382	17	1	32
Black Angus Chopped Sirloin	6 oz	311	20	102	104	0	0	31
Cajun Snapper	4 oz	156	6	42	151	2	1	24
Garden Peas & Carrots	½ cup	60	2	0	77	9	3	3
Sauteed Zucchini	½ cup	35	2	0	104	3	1	1
Herbed Rice	½ cup	159	4	0	112	28	2	3
Au Gratin Potatoes	4 oz	87	3	5	493	17	1	2
Light Lunch – Lemon Pepper Chicken Tenders								
	4 oz	306	17	46	672	19	2	19
<i>Thursday – March 16</i>								
Lentil Soup	6 oz	83	2	2	121	13	3	3
Sauerbraten	4 oz	575	25	137	573	39	8	48
Knockwurst	1 link	307	28	60	930	3	0	11
Bratwurst	4 oz	378	33	84	959	3	0	16
Crab Stuffed Lemon Sole	5 oz	290	19	35	620	15	1	16
Potato Pancakes	1 each	152	8	54	433	16	2	3.0
Red Cabbage	½ cup	65	4	0	50	8	3	2
Whole Green Beans	½ cup	45	2	0	94	6	3	1
Sauerkraut	½ cup	30	0	0	740	66	3	1
Noodles Romanoff	½ cup	175	8	37	154	20	1	6
German Potato Salad	½ cup	146	1	3	369	30	3	3
Light Lunch – BBQ Beef on Bun								
	1 each	397	7	59	1959	55	2	27

	Serving Size	Calories	Total Fat g	Choles-terol mg	Sodium mg	Total Carbs g	Fiber g	Protein
<i>Friday – March 17</i>								
Mulligatawny	6 oz	182	3	31	698	27	4	15
Irish Stew	8 oz	343	14	109	328	16	2	36
Corned Beef & Cabbage	6 oz	327	24	90	1069	9	4	19
Creamed Pearl Onions	½ cup	91	5	13	87	11	2	2
Whole Baby Carrots	½ cup	53	3	0	147	7	3	1
Red Skin Potatoes	½ cup	149	1	0	1124	34	3	3
Egg Noodles	½ cup	142	5	28	108	20	1	4
Light Lunch - Tuna Salad on Roll	1 each	256	16	33	567	15	1	15

Saturday – March 18

Pasta Fagioli	6 oz	306	11	8	530	34	8	19
Linguine w/Clams	6 oz	760	22	67	2625	94	4	34
Veal Pizzaiola	4 oz	438	20	135	571	26	9	39
Grilled Swordfish	4 oz	245	18	65	246	1	0	19
Garlic Toast	1 slice	3	7	0	218	17	1	3
Sauteed Peppers & Onions	½ cup	52	2	0	4	8	2	1
Sicilian Vegetables	½ cup	63	2	0	38	9	2	2
Parmesan Risotto	½ cup	222	9	22	171	32	1	4
Fettuccini Alfredo	4 oz	370	15	82	823	48	2	11
Light Lunch - Chicken & Rice Casserole	6 oz	526	20	153	794	36	3	49

Sunday – March 19

Lobster Bisque	6 oz	280	25	47	712	9	0	4
Pineapple Glazed Ham	4 oz	189	7	68	1535	8	0	23
Sirloin of Beef	4 oz	236	7	114	2362	0	0	44
Salmon in Dill Sauce	4 oz	568	38	202	320	2	0	50
Lemon Dill Sauce	2 oz	165	15	41	40	2	0	0
Carrot Souffle	½ cup	340	23	79	288	32	2	4
Steamed Asparagus	½ cup	44	3	2	85	2	1	3
Mashed Sweet Potatoes	½ cup	248	2	5	195	53	4	4
Baked Potato	1 each	211	5	0	292	40	3	4
Sour Cream	1 oz	56	5	17	9	1	0	1

<i>Daily</i> – Baked Chicken	6 oz	232	15	92	376	0	0	22
Baked Fish	4 oz	190	2	146	713	0	0	40

