

ALWAYS AVAILABLE
Plant-Based Menu

NEW
ITEM

Vegan Cobb Salad

Baby Spinach / Romaine / Chickpeas / Grape Tomatoes / Cucumber /
Corn / Red Onion / Avocado / Garbanzo Beans / Radish
Dijon Vinaigrette

NEW
ITEM

Flat Bread Pizza

Vegan Cheese Pizza
Roasted Veggies / Arugula Pizza
Red Pepper / Tofu / Balsamic Glaze Pizza

NEW
ITEM

Hummus 3 Ways Plate

Plain Hummus / Roasted Red Pepper / Garlic /
with Spinach and Naan Bread

NEW
ITEM

Black Bean Burger

Lettuce / Tomato / Avocado Spread

NEW
ITEM

Vegan BLT Sandwich

Heirloom Tomatoes / Romaine Lettuce / Smokey Tofu /
Multigrain Bread

NEW
ITEM

Portobello Mushroom Sliders

Marinated Portobello Mushrooms / Fried Onions /
Red Onion Jam

NEW
ITEM

Garden Pasta Bowl

Spinach / Cauliflower / Zucchini / Corn / Plum Tomato Sauce
/ Chickpea Pasta

*Ordering from this menu is considered a complete meal of the day
Includes: Dessert, soup, a whole fruit & beverages.

** If Weekly menu is not to your liking, you can order from this menu**

ALWAYS AVAILABLE

REGULAR ALWAYS AVAILABLE MENU

Sandwich Selections:

- ~ Choice of White, Wheat, Rye, or Gluten - Free Bread~
- ~ All sandwiches are served with sliced tomato, Lettuce & pickle~
- ~ Choice of Potato Chips, French Fries, Sweet Potato Fries
Or Baked Sweet Potato~

Chicken, Tuna, or Egg Salad Sandwich

Turkey or Ham Sandwich

BLT Sandwich

Grilled Cheese Sandwich

Grilled Chicken Sandwich

Daily Broiled or Baked Fish Selections:

Salmon, Catfish and Tilapia



Sides Selection:

Baked Sweet Potatoes, Baked Potatoes,
Green Peas, Fresh Broccoli Floret, Sautéed Spinach,
Asparagus, Corn O' Brien, Macaroni & Cheese, or Garden Salad.

ALSO AVAILABLE

Filet Mignon with Egg

Chef, Caesar, and Grilled Chicken Salads

Hamburger or Cheeseburger

Mini Burgers (1, 2, or 3 each)

2oz Chicken, 2oz Tuna, and 2oz Egg Salad Cold Plate

Fruit with Cottage Cheese Cold Plate

Daily Dessert Selection:

Assorted Ice Cream

Assorted Cookies or NSA Cookies

Fresh Seasonal Cut Fruit

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