



FAMILY DINNERS

June 8 – June 12

MONDAY

Meatloaf Monday

Turkey Meatloaf, Whipped Potato, Seasonal Veggie

(Our famous turkey meatloaf is loaded with “hidden” veggies and topped with a tomato parmesan blend, potatoes whipped with fresh cream & butter – and a veggie surprise)

TUESDAY

Healthy Chinese “Take Out”

Spicy Orange Chicken, Stir-Fried Veggies, Brown Rice & Fresh Fruit Salad

(Lean chunks of chicken breast (or tofu) prepared with a flavor infusion of orange, chili and a touch of honey, served with a medley of fresh crisp tender veggies, steamed brown rice, finished with cool, fresh seasonal fruit chunks flavored with ginger & mint)

WEDNESDAY

Moroccan Stew

An exotic blend of flavors . . . chicken, butternut squash, garbanzo beans, carrots, lemon slices, tomatoes, etc. slow simmered in a medley of cinnamon, cilantro, cardamom, & chili. Served with lemon scented couscous, pita bread & fruit topped with honey yogurt.

THURSDAY

Chili & Cornbread

We start with lean ground turkey add 3 different beans, lots of veggies & spices, spices, spices. Served with all of the trimmings; cheese, sour cream, green onions. On the side we serve sweet cornbread and honey butter with a crisp green salad.

FRIDAY

Blackened Salmon Salad

Spice encrusted salmon filet tops crisp greens, shredded pepper jack cheese, tomatoes, corn and black beans. Served with spicy ranch dressing, warm garlic toast and Strawberry Shortcake – because it’s Friday!!