

# Lunch Menu

## Menu 4

### Monday

Salisbury Steak with Mashed Potatoes and Carrots

♥Shrimp Tacos 377mg with Mango Salsa 73mg

*Chocolate Chip Cookie*

### Tuesday

Philly Cheesesteak with French Fries

♥Skinny Southwestern Chopped Chicken Salad with Tortilla Strips, Lime and Black Beans 380mg

*Peach Crisp*

### Wednesday

Teriyaki Chicken Legs with Egg Rolls and Broccoli Orzo

♥Garlic Shrimp Pasta 266mg and Roasted Asparagus 0mg

*Tapioca Pudding*

### Thursday

Clam Chowder with Hushpuppy's and Side Salad

♥Low Sodium Goulash 135mg with Potato Rolls 135mg

*Apple Pies*

### Friday

Beef Tacos with Spanish Rice and Refried Beans

♥Salmon 117mg with Cole Slaw 388mg and Jasmine Rice 0mg

*Chocolate Strawberry Cake*

### Saturday

Ground Beef Stroganoff with Bread Sticks and Side Salad

♥Teriyaki Grilled Chicken Breast 320mg with Sautéed Vegetables 120mg

*Strawberry Pudding Parfaits*

### Sunday

Meatloaf with Mashed Potatoes and Confetti Corn

♥Low Sodium Turkey Fried Rice 148mg with Spring Rolls 210mg

*Chocolate Cake*

# Dinner Menu

## Menu 4

### Monday

Grilled Cheese Sandwich with Tomato Soup

♥Pineapple Chicken 122mg over Rice 0mg and Steamed Broccoli 0mg  
*Reese's Pie*

### Tuesday

Cabbage Rolls with Three Bean Salad

♥Tuna Salad 404mg with Crackers 110mg and Grapes 0mg  
*Cherry Fluff*

### Wednesday

Beef Nachos

♥Chicken Tortilla Soup 300mg  
*Pineapple Upside Down Cake*

### Thursday

Crispy Chicken Sandwich with Onion Rings and Pickle Spear

♥Toasted Egg Salad Sandwich 380mg with Baked Chips 110mg  
*Banana Cream Pie*

### Friday

Deluxe Cheeseburger with French Fries and Pickle Spears

♥Roasted Vegetable Lasagna 466mg and a Side Salad 0mg  
*Blueberry Cobbler*

### Saturday

Turkey Pot Pie

♥Michigan Harvest Salad with Grilled Salmon, Cherries, Pecans and Hard Boiled Eggs 230mg  
*Snickerdoodle Cookie*

### Sunday

Pot Roast with Baby Bakers and Steamed Carrots

♥Chopped Salad with Turkey Chunks, Red Onion, Celery, Carrots, Cherry Tomatoes and Cheddar Cheese 360mg  
*Raspberry Mousse Cake*