

BREAKFAST ENTREES

Served with grits or ♥oatmeal♥ & toast

Omelets any style, eggs any style, ♥fat free, cholesterol free eggs♥

Pancakes, French Toast, Bagel, English Muffin

Bacon, Country Ham, Sausage Pattie or Link

SANDWICHES

Served on your choice of white, wheat, rye, sourdough, or buttered croissant

Turkey

Ham

Roast Beef

Pimento Cheese,

Hot Dog

Hamburger

BLT (Bacon, Lettuce, Tomato)

Chicken Salad, Tuna Salad

Fixins: Lettuce, Tomato, Cheese, Onions, Chili

Grilled Rueben

Corned beef, Swiss cheese, sauerkraut, Thousand Island dressing on rye bread

Club Sandwich

(Half or Whole sandwich) triple decker sandwich with lettuce, tomato, cheese, bacon, deli ham, and deli turkey

LIGHT ENTREES

Shrimp on Greens

(Steamed shrimp on mixed greens w/ blue cheese, toasted almonds, mandarine oranges and raspberry vinaigrette)

Chicken Salad Cold Plate

♥fresh fruit & fresh slice tomatoes served on a bed of mixed greens♥

♥Fresh Fruit w/ No Sugar Added Whipped Cream♥

♥Grilled Wrap♥

w/ grilled chicken or salmon served with tomatoes, cucumbers, lettuce and your choice of Fat Free Dressing, wrapped in a golden wheat tortilla

♥ Heart Healthy & Diabetic♥

BEEF

Meat Loaf
Flat Iron Steak
Liver & Onions

CHICKEN

Breaded Chicken Tenders
♥Grilled Chicken Breast Filet♥
Chickscuit

White & dark meat chicken, vegetables and gravy served on a buttermilk biscuit

PORK

Marinated Pork Filet (Fried, ♥Grilled♥, or Smothered)
Grilled Ham Steak w/ Orange Marmalade

FISH/SEAFOOD

Flounder Filet (Deep Fried or ♥Baked♥)
Shrimp (Deep Fried, Sautéed, or Cajun Style)
Salmon Filet (♥Steamed♥ or ♥Grilled♥)

MEXICAN ENTREE

Quesadilla w/ chicken or beef

ASIAN ENTRÉE

Teriyaki Chicken
Spring Egg Roll
(Deep fried vegetable stuffed egg roll)

ITALIAN ENTREE

Spaghetti w/ Meat Sauce
Turkey Asiago

Deep fried turkey breast filet served with marinara sauce and Asiago cheese

SIDE ORDERS

Mustard Greens
Yellow Kernel Corn
Buttered Pasta
Sweet Potato Nuggets
French Fries
Steamed Rice
Seasoned Cabbage
Home-Style Chili
Escalloped Apples

Home-Style Mashed Potatoes
Hushpuppy
Stewed Tomatoes
♥Green Beans♥
♥Fresh Sliced Tomatoes♥
♥Baked Sweet Potato♥
♥Steamed Broccoli♥
♥Steamed Carrots♥
♥Baked Potato♥

