



Sample Menu

SOUP

Soup du Jour

SANDWICHES

(White, Wheat, Rye, Sourdough, or Croissant)
Plain, Grilled or Toasted

Turkey	Ham
Roast Beef	Pimento Cheese,
Hot Dog	Hamburger
BLT (Bacon, Lettuce, Tomato)	
Fixins: Lettuce, Tomato, Cheese, Onions, Chili	
Served with Fries, Potato Chips, or side order	

BREAKFAST ENTREES

Served with grits or oatmeal & toast
Omelets any style, Scrambled Eggs, Eggs any Style,
♥ Low Calorie, Fat Free, Cholesterol Free Eggs ♥
Cereal, Bacon or Sausage

ENTREES

BEEF

Meat Loaf
Salisbury Steak

POULTRY

Fried Chicken (18 minute cooking time)
Breaded Chicken Tenders
♥ Grilled Chicken Breast Filet ♥

PORK

Smothered Pork Chop
Grilled Ham Steak w/ Pineapple & Raisin Sauce

SEAFOOD

Flounder Filet (Deep Fried or ♥ Baked ♥)
Shrimp (Deep Fried, Sautéed, or Cajun Style)
Tilapia (Deep Fried or ♥ Baked ♥)

MEXICAN CUISINE

Chicken or Shrimp Quesadilla

ITALIAN CUISINE

Spaghetti w/ Meat Sauce
Veal Parmesan

ORIENTAL CUISINE

Chicken Stir Fry
Ham Fried Rice

FRUIT ENTREE

♥ Fresh Fruit & Low Fat Cottage Cheese ♥

SIDE ORDERS

Rice	Hushpuppy
Mashed Potatoes	Buttered Pasta
Baked Sweet Potato	Breaded Okra
French Fries	♥ Steamed Broccoli ♥
Sautéed Onions	♥ Steamed Carrots ♥
Escalloped Apples	♥ Baked Potato ♥
Fresh, Local Collard Greens	♥ Green Beans ♥
Macaroni & Cheese	♥ Fresh Sliced Tomatoes ♥
Fresh, Local Green Tomatoes Deep Fried	

CONDIMENTS

Brown Gravy, Mayonnaise, Tarter Sauce, Cocktail
Sauce, Sour Cream, Ketchup, Mustard, Vinegar, Honey
Mustard Sauce, Salsa, Guacamole

♥ Heart Healthy & Diabetic ♥

THE ITEMS IN ITALIC ARE NEW