

Choices Always Available

JUICES

Tomato *Cranberry *Orange *Grapefruit *Prune
Regular or *Low Sodium V-8 *Pineapple *Apple

SOUP

Regular or *Salt-Free Chicken Broth with Noodles or Rice

SALADS

*Forest Trace House Salad: Lettuce, Carrots, Tomato Wedge and Cucumbers
*Sliced Tomatoes with Sliced Vidalia Onion
*Iceberg Lettuce Wedge *Romaine Lettuce *Cole Slaw *Fresh Fruit
Pickled Herring in Cream or Wine Sauce
Cottage Cheese and Peaches in Natural Juice

ENTREES

*White or Dark Meat Rotisserie Chicken
*Fresh Catch of the Day (Broiled or Poached)
*Char-Broiled Chopped Sirloin Steak (Medium to Well Done only)
*Chargrilled Boneless Chicken Breast
Hebrew National Kosher Hot Dog (one or two) en Casserole with Baked Beans

ON THE LIGHT SIDE

Nova Scotia Lox Platter served with Toasted Bagel,
Regular or Low Fat Cream Cheese, Tomato and Onion Slices
*Chicken or *Tuna Salad Sandwich or Platter
Three Egg or Egg Beaters Omelet (*Plain, Cheese or *Vegetable)
*Fresh Seasonal Fruit Platter served with
Fat Free - Sugar Free Soft Serve *Yogurt or Low Fat Cottage Cheese

ACCOMPANIMENTS

*Baked Idaho Potato *Peas and Carrots *Natural Applesauce

BEVERAGES

Iced Tea Iced Coffee Whole or Skim Milk Lemonade
Maxwell House Regular or Decaf Coffee Lipton Regular or Decaf Hot Tea

Today's Dinner Menu

SOUP

*Potato-Leek

APPETIZER/SALAD

*Hearts of Palm Salad

ENTREES

*Filet Mignon

Hand-Cut Filet of Beef Lightly Seasoned and Char-Grilled to Your Temperature

*Broiled Salmon

Filet of Salmon Lightly Seasoned then Broiled

*Rosemary Chicken

White and Dark Chicken Seasoned and Oven Roasted

Chicken Caesar Salad

Strips of Boneless Chicken Breast on a Bed of Crisp
Romaine Lettuce with Caesar Dressing

SIDE DISHES

*Basmati Rice

Delmonico Potatoes

*Roasted Asparagus w/Shallots

*Broiled Tomato Tarragon

AFTER DINNER DELIGHTS

New York Cheesecake Chocolate Brownie Pie

Ice Creams Jell-O Angel Food Cake Fresh Fruits

Sugar-Free New York Cheesecake Soft-Serve Yogurts Ice Creams Jell-O

Substitution: _____ for _____

Substitution: _____ for _____