

FRIDAY DINNER MENU

Fall Week 3

Appetizer Choice

Crackers & Cheese (150 cal)

Beef Barley Soup (130 cal)

Entrée Choice

Chicken Pot Pie (300 cal)

Baked Scallops with Crumb Topping (250 cal)

Starch Choice

Mashed Potatoes (120 cal)

Rice Pilaf (115 cal)

Vegetable Choice

Fresh Brussel

Sprouts (30 cal)

Harvard Beets (100 cal)

Dessert Choice

Choice of Ice Cream

Sugar Free & Lactose Free Ice Cream

Ginger Cookie (150 cal)

Sugar Free Ginger Cookie (110 cal)

Fresh Fruit is available, Please Ask your Server

Calories listed are approximate.

Hot & Cold Alternate Choices

(please allow approx. 15 minutes for cooking to order)

Choice subject to daily availability