


Alford Center for Health

Staff & Visitor Dining Services

Lunch & Dinner

Sunday, November 10, 2024	Monday, November 11, 2024	Tuesday, November 12, 2024	Wednesday, November 13, 2024	Thursday, November 14, 2024	Friday, November 15, 2024	Saturday, November 16, 2024
Soup: Kielbasa Entrée Salad: Chicken Caesar Entrée: Corned Beef - GF Vegetarian: Curried Tofu Starch: Brown Rice Starch: Boiled Red Potato Veg: Carrots Veg: Cabbage	Soup: Chicken & Gnocchi Entrée Salad: Blackened Chicken salad - GF Grill sand: Mushroom Swiss Turkey burger on Challah roll Entrée: Turkey Meat Sauce & Spaghetti Vegetarian: Vegan Seitan Stir Fry Starch: Basmati Rice Veg: Brussel Sprouts Veg: Steamed Corn	Soup: Irish Potato & Corned Beef Entrée Salad: Tuna Salad Plate Grill Sand: Reuben Entrée: Turkey Shepard's Pie Vegetarian: Veg Tofu Lasagna Starch: Portobello Orzo Veg: California Blend Veg: Zucchini / Summer Squash	Soup: Chicken Gumbo - GF Entrée Salad: Cranberry Chicken with Pecans - GF Grill Sand: Turkey Club Melt Entrée: Honey Chicken Qtr - GF Vegetarian: Vegan Thai Veg Curry Starch: Thai Noodle Starch: Quinoa Pilaf Starch: Baked Potato Veg: Steamed Broccoli Veg: Sautéed Greens	Soup: Minestrone Entrée Salad: Asian Chicken Noodle Grill Sand: Sriracha Turkey Sandwich Entrée: Maple Soy Salmon - GF Veg: Asparagus & Wild Rice Frittata-GF Starch: Greek Chickpea & Spinach Starch: Garlic Red Mashed Potato Veg: Fresh Carrots Veg: Asian Blend Veg	Soup: Cauliflower Cheddar Chowder Entrée Salad: Turkey BLT Salad - GF Grill Sand: Chicken Parm Sub Entrée: Thai Pork Loin Vegetarian: Spicy Vegetable Quesadilla Starch: Thai Rice Pilaf Starch: Roasted Red Potato Veg: Green Beans Veg: Spinach & Corn Casserole	Soup: Vegetable Lentil - GF Entrée Salad: Chef Salad Entrée: Chicken Enchilada Casserole Vegetarian: Crustless Spinach & Monterey Jack Quiche Starch: Spanish Rice Starch: Sweet Potato Veg: Green Cabbage Veg: Vegetable Blend
Sunday, November 17, 2024	Monday, November 18, 2024	Tuesday, November 19, 2024	Wednesday, November 20, 2024	Thursday, November 21, 2024	Friday, November 22, 2024	Saturday, November 23, 2024
Soup: Chunky Tomato Basil - GF Entrée Salad: Chicken Caesar Entrée: Hot Turkey sandwich on cranberry bread Vegetarian: Macaroni & Cheese Starch: Mashed Potato & Gravy Veg: Steamed Broccoli Veg: Green Beans Veg: Zucchini & summer squash	Soup: Butternut Squash - GF Entrée Salad: Turkey Club Salad w/ Avocado Dressing - GF Grill Sand: Turkey Burger Deluxe Entrée: Beef Pot Roast - GF Vegetarian: Zucchini Lasagna Starch: Mashed Potato / Gravy Starch: Cauliflower Gratin Veg: Brussel Sprouts Veg: Butternut Squash	Soup: Beef Barley Entrée Salad: Buffalo Chicken - GF Grill Sand: Cabo Beach Burger with Avocado Entrée: General Tso's Chicken Vegetarian: Broccoli & Ched Quiche Starch: Basmati Rice Starch: Roasted Sweet Potato Veg: Bermuda Blend Veg Veg: Spinach Parmesan	Soup: Corn Chowder Entrée Salad: Almond Chicken Salad- GF Grill Sand: BBQ Turkey Melt Entrée: Turkey & Black Bean Empan. Vegetarian: Artichoke & Spin Strata Starch: Roasted Red Potato Starch: Mushroom Barley Pilaf Veg: Broccoli Veg: Beets	Soup: Zuppa Toscana - GF Entrée Salad: Chef Salad Grill Sand: Turkey Reuben Entrée: Lemon Chicken Vegetarian: Vegetable Enchilada Starch: Baked Potato Starch: Spanish Rice Veg: Mashed Turnip Veg: Zucchini & Feta Bake-GF	Soup: Chipotle Chicken-GF Entrée Salad: Vegetarian Mediterranean Grain Bowl Grill Sand: BBQ Pulled Chix Entrée: Asian Ginger Pork-GF Vegetarian: Vegan Mongolian Seitan Starch: Mashed Potato Starch: Brown Rice Veg: Green Beans Veg: Nutty Broccoli	Soup: Chicken & Lentil - GF Entrée Salad: Chef Salad Entrée: Lemon Pepper Salmon - GF Vegetarian: Pasta Primavera Starch: Baked Potato Wedges Starch: Brown Rice Veg: Vegetable Blend Veg: Fresh Carrot
Sunday, November 24, 2024	Monday, November 25, 2024	Tuesday, November 26, 2024	Wednesday, November 27, 2024	Thursday, November 28, 2024	Friday, November 29, 2024	Saturday, November 30, 2024
Soup: Cream or Broccoli Entrée Salad: Orange Chicken Salad-GF Entrée: Beef Shepards pie - GF Vegetarian: Black Bean Burrito Starch: Spanish Rice Veg: Peas w/Pearl Onions Veg: Spinach	Soup: Split Pea & Ham - GF Entrée Salad: Cajun Chicken -GF Grilled Sand: Gyro on Flatbread Entrée: Chicken Parmesan Vegetarian: MorningStar Farms shepard's Pie Starch: Wheat Pasta with Marinara Veg: Vegetable Blend Veg: Broccoli	Soup: Cabbage & Beef - GF Entrée Salad: Greek Chicken - GF Grill Sand: Turkey Meatball Sub Entrée: Savory Haddock Vegetarian: Spinch & Artichoke Crepes Starch: Wild Rice Pilaf Veg: Creamy Mashed Cauliflower Veg: Fresh Zucchini	Soup: Chicken & Vegetable - GF Entrée Salad: Chef Salad Grill Sand: Steak and Cheese Entrée: Mustard Pork Tenderloin-GF Vegetarian: Vegetable Curry-GF Starch: Mashed Potato w/Gravy Starch: Brown Rice Veg: Glazed Carrots	 Soup: Caramelized Sweet Potato & Mulled Cider Entrée Salad: Chef Salad Entrée: Roasted Turkey Vegetarian: Roasted Delicata Squash Starch: Mashed Potato Starch: Stuffing Veg: Squash Veg: Roasted Brussel Sprouts	Soup: Creamy Chicken Tortellini Entrée Salad: Summer Kale & Grilled chicken - GF Grill Sand: Buffalo Chicken Sandwich Entrée: Apricot Ginger Glazed Salmon-GF Vegetarian: Veg Korma w/ Cashews-GF Starch: Basmati Rice Starch: Horseradish & Garlic Mashed Potato Veg: Beets Veg: Vegetable Blend	Soup: Chicken Noodle Entrée Salad: Turkey Cobb - GF Entrée: Rosemary Chicken with Orange Maple Glaze Vegetarian: Spinach Lasagna Starch: Garlic Mashed Red Potato Starch: Baked Potato Wedges Veg: Green Beans Veg: Corn
Sunday, December 1, 2024	Monday, December 2, 2024	Tuesday, December 3, 2024	Wednesday, December 4, 2024	Thursday, December 5, 2024	Friday, December 6, 2024	Saturday, December 7, 2024
Soup: Chunky Tomato Basil -GF Entrée Salad: Fruit & Cottage Cheese Plate Entrée: Beef & Sausage Cottage Pie Vegetarian: Butternut Squash Mac & Cheese Starch: Mashed Potato w/Gravy Veg: Mashed Turnip & Carrot Veg: Stewed Cabbage	Soup: Chicken & Wild Rice - GF Entrée Salad: Chef Salad Grill Sand: Hawaiian Chicken Sand Entrée: Chicken Qtrs w/wine & Shallot Vegetarian: Garden Vegetable Crustless Quiche - GF Starch: Mashed Potato / Gravy Starch: Butternut Squash Bake Veg: Fresh Carrots Veg: Green Beans	Soup: Italian Beef & Pasta Entrée Salad: Chicken Fajita Grill Sand: Chicken Parmesan Panini Entrée: Greek Chicken Vegetarian: Spinach & Tomato Tortellini Starch: Greek Roasted Potato Starch: Roasted Vegetable Orzo Veg: Sautéed Greens & Beans Veg: Brussel Sprouts	Soup: Broccoli & Cheese Entrée Salad: Asian Chicken Grill Sand: Turkey Pastrami Entrée: Beef & Asparagus Stir Fry Vegetarian: Creamy Spinach Enchiladas Starch: Spanish Rice Starch: Steamed Brown Rice Veg: Fresh Zucc/ Summer Blend Veg: Carrot Casserole	Soup: Lentil & Kale - GF Entrée Salad: BLT Turkey - GF Grill Sand: Cuban Entrée: Cabbage Rolls Vegetarian: Asparagus / Mushroom Quiche Starch: Mash Potato w/ Gravy Starch: Quinoa & Edamame Blend Veg: Green Bean w/ Bacon Veg: Broccoli	Soup: Clam Chowder Entrée Salad: BBQ Ranch Chicken Salad Grill Sand: Turkey Ranch Panini Entrée: Meatloaf / Gravy Vegetarian: Gluten Free Sweet & Sour Vegan Pineapple Tofu Starch: Mashed Potato w/ Gravy Starch: Brown Rice Veg: Peas & Pearl Onions Veg: Spinach	Soup: Chicken Barley Entrée Salad: Blueberry , Chicken & Spinach Salad Entrée: Roast Turkey - GF Vegetarian: Vegetable Baked Ziti Starch: Fresh Bread Stuffing Starch: Mashed Potato / Gravy Veg: Butternut Squash Veg: Mixed Vegetable Blend