



EAT. DRINK. ENJOY.

APPETIZERS

- CRUDITÉS** **V**
 160 Cals, 7g Carbs, 1g Prot, 14g Fat, 342mg Sodium
 Carrot | Celery | Radish | Ranch.....2/3
- FRIED BRUSSELS SPROUTS** **V**
 86 Cals, 13g Carbs, 7g Prot, 3g Fat, 158mg Sodium
 Brussels Sprout | Parmesan | Lemon | Parsley.....3/4
- SHRIMP COCKTAIL***
 126 Cals, 12g Carbs, 16g Prot, 1.5g Fat, 394mg Sodium
 White Shrimp | Cocktail Sauce
 Lemon Wedge.....5/6



ENTREES

All entrees include a choice of two sides.

- GRILLED BEEF TENDERLOIN***
 180 Cals, 2g Carbs, 23g Prot, 8g Fat, 343mg Sodium
 4oz Beef Tenderloin | Mushroom
 Onion | Brown Gravy | Chives.....24/27
 \$10 Surcharge for Classic Plan Members

- BBQ PORK CHOP***
 310 Cals, 28g Carbs, 29g Prot, 10g Fat, 883mg Sodium
 4oz Boneless Pork Chop
 Barbecue Sauce.....11/14

- SEARED TILAPIA***
 193 Cals, 19g Carbs, 24g Prot, 3g Fat, 91mg Sodium
 4oz Tilapia
 Mango and Cucumber Salsa10/13

- SEARED SALMON***
 324 Cals, 6g Carbs, 23g Prot, 25g Fat, 250mg Sodium
 4oz Salmon Fillet | Dill Cream
 Lemon Zest14/17

- PORK TENDERLOIN***
 279 Cals, 37g Carbs, 23g Prot, 3g Fat, 351mg Sodium
 5oz Pork Tenderloin
 Cherry Balsamic Glaze.....12/15



CHEF'S FEATURE

Ask your server for today's selection Market



- TRADITIONAL LASAGNA***
 538 Cals, 38g Carbs, 38g Prot, 26g Fat, 1779mg Sodium
 Layers of Pasta | Ground Beef
 Tomato Sauce | Parmesan
 Mozzarella.....12/15

- RAINBOW CHICKEN***
 312 Cals, 15g Carbs, 26g Prot, 17g Fat, 253mg Sodium
 4oz Seared Chicken Breast | Carrot
 Red Onion | Red Bell Pepper
 Cherry Tomato | Yellow Squash
 Balsamic Vinegar.....10/13

- BREADED COD BASKET***
 593 Cals, 26g Carbs, 17g Prot, 49g Fat, 772mg Sodium
 Two-Piece Breaded Cod Fillet
 Tartar Sauce | Lemon Wedge.....11/14

- SHRIMP BASKET***
 295 Cals, 61g Carbs, 12g Prot, 1g Fat, 1459mg Sodium
 Five-Piece Breaded Shrimp
 Cocktail Sauce | Lemon Wedge11/14

SIDES

(All sides 2.50)

- Mashed Potatoes & Gravy
- Baked Potato
- French Fries
- Onion Rings
- Sweet Potato Fries
- Hashbrowns
- Cottage Cheese
- Fruit
- Steamed Carrots
- Steamed Broccoli
- Steamed Green Beans
- Baked Beans
- Coleslaw
- Potato Salad
- Rice Pilaf
- Garlic Bread
- Side Salad
- Featured Soup (add 1)

First price = Resident cost / Second price = Guest cost

V Vegetarian

Gluten-Free Friendly

Thrive Healthier Choice

*Consuming raw or undercooked animal products, such as meat or eggs, may increase your risk of foodborne illness, especially if you have certain medical conditions.

HANDHELDS

All handheld selections are served with a choice of one side. Select handhelds can be gluten-free.

CLASSIC CHEESEBURGER*

634 Cals, 27g Carbs, 36g Prot, 41g Fat, 1361mg Sodium
5oz All-Beef Patty | American Cheese | Lettuce | Tomato
Onion | Pickle | Toasted Bun8/11
Add Bacon-2 or Avocado-3

GRILLED CHICKEN CLUB*

584 Cals, 49g Carbs, 37g Prot, 26g Fat, 932mg Sodium
4oz Chicken Breast | Bacon | Lettuce | Tomato | Onions
Mayonnaise | Toasted Bun9/12

FRENCH DIP*

707 Cals, 51g Carbs, 40g Prot, 37g Fat, 1952mg Sodium
4oz Sliced Beef | Swiss Cheese
Horseradish Cream | Toasted Bun
Au Jus.....12/15



RANCH CHICKEN WRAP*

589 Cals, 38g Carbs, 34g Prot, 32g Fat, 1123mg Sodium
4oz Sliced Chicken Breast | Shredded Cheddar | Lettuce
Tomato | Onion | Ranch Dressing | Flour Tortilla 10/13

PICK TWO

HALF SANDWICH 7/9

WHOLE SANDWICH9/11

Accompanied with a cup of soup or side salad.

Choice of Protein: Ham | Turkey | Chicken Salad* | BLT*

Choice of Cheese: American | Cheddar | Swiss

Choice of Bread: White | Wheat | Marble Rye



SALADS



Add Grilled Chicken* 4/6, Salmon* 7/9,
Crispy Chicken* 5/7, Shrimp* 7/9

Dressing Selection: Buttermilk Ranch, Blue Cheese, Dorothy Lynch, Italian, Oil & Vinegar, Poppy Seed

GARDEN SALAD V

130 Cals, 24g Carbs, 5g Prot, 2g Fat, 258mg Sodium
Mixed Greens | Cucumber | Radish
Tomato | Carrot | Red Onion
Crouton | Choice of Dressing 7/10

MANDARIN SALAD V

149 Cals, 34g Carbs, 2g Prot, 2g Fat, 79mg Sodium
Mixed Greens | Mandarin Oranges
Apple | Dried Cranberry | Chow Mein
Noodles | Choice of Dressing 7/10

MIXED BERRY SALAD V

176 Cals, 29g Carbs, 6g Prot, 5g Fat, 314mg Sodium
Mixed Greens | Strawberry | Black Berry
Raspberry | Blueberry | Feta Cheese
Crouton | Choice of Dressing 8/11

CHEF'S SOUP OF THE DAY

Prepared with only the freshest ingredients. Be sure to ask your server for today's selection.

Cup 3.50/4.50

Bowl4.50/5.50

 Broth-based soup is the healthier choice.

BREAKFAST FOR DINNER



Includes the choice of one side.

BUTTERMILK PANCAKES

657 Cals, 101g Carbs, 15g Prot, 22g Fat, 1097mg Sodium
Two Buttermilk Pancakes | Mixed Berries
Maple Syrup | Bacon or Sausage 8/11

IMMANUEL BREAKFAST*

439 Cals, 31g Carbs, 18g Prot, 26g Fat, 1042mg Sodium
Two Eggs Any Style | Two Pieces of Bacon or Sausage
Buttermilk Biscuit.....8/11

DRINKS

SOFT DRINKS

Coca-Cola Products.....2
Lemonade2
Fruit Juice2
Small Fruit Juice1
Milk.....2
Small Milk1

COMPLIMENTARY

Iced Tea, Hot Tea, Coffee

THRIVE HEALTHIER CHOICE OPTIONS

We understand residents and guests have varying food preferences. With that in mind, we can modify menu selections to make your menu choices better fit your individual needs.

- The THRIVE symbol indicates:
 - Entree: <750 kcals, <8g saturated fat, and <700mg sodium
 - Appetizers & Sides: <250 kcals, <3g saturated fat, and <600mg sodium
- Smaller portions for select menu items are available.

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