



EAT. DRINK. ENJOY.

# APPETIZERS

### CRUDITÉS

160 Cals, 7g Carbs, 1g Prot, 14g Fat, 342mg Sodium  
Carrot | Celery | Radish | Ranch

### FRIED BRUSSELS SPROUTS

86 Cals, 13g Carbs, 7g Prot, 3g Fat, 158mg Sodium  
Brussels Sprout | Parmesan | Lemon | Parsley

### SHRIMP COCKTAIL\*

126 Cals, 12g Carbs, 16g Prot, 1.5g Fat, 394mg Sodium  
White Shrimp | Cocktail Sauce  
Lemon Wedge



# ENTREES

All entrees include a choice of two sides.

### SALISBURY STEAK\*

568 Cals, 20g Carbs, 31g Prot, 40g Fat, 489mg Sodium  
5oz Salisbury Steak  
Mushroom and Onion Gravy

### BBQ PORK CHOP\*

310 Cals, 28g Carbs, 29g Prot, 10g Fat, 883mg Sodium  
4oz Boneless Pork Chop  
Barbecue Sauce

### SEARED TILAPIA\*

193 Cals, 19g Carbs, 24g Prot, 3g Fat, 91mg Sodium  
4oz Tilapia  
Mango and Cucumber Salsa

### SEARED SALMON\*

324 Cals, 6g Carbs, 23g Prot, 25g Fat, 250mg Sodium  
4oz Salmon Fillet | Dill Cream  
Lemon Zest

### PORK TENDERLOIN\*

279 Cals, 37g Carbs, 23g Prot, 3g Fat, 351mg Sodium  
5oz Pork Tenderloin  
Cherry Balsamic Glaze



### CHEF'S FEATURE

Ask your server for today's selection.



### TRADITIONAL LASAGNA\*

538 Cals, 38g Carbs, 38g Prot, 26g Fat, 1779mg Sodium  
Layers of Pasta | Ground Beef  
Tomato Sauce | Parmesan | Mozzarella

### 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

### BREADED COD BASKET\*

593 Cals, 26g Carbs, 17g Prot, 49g Fat, 772mg Sodium  
Two-Piece Breaded Cod Fillet  
Tartar Sauce | Lemon Wedge

### SHRIMP BASKET\*

295 Cals, 61g Carbs, 12g Prot, 1g Fat, 1459mg Sodium  
Five-Piece Breaded Shrimp  
Cocktail Sauce | Lemon Wedge

## SIDES

- 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

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 Bun

## GRILLED CHICKEN CLUB\*

584 Cals, 49g Carbs, 37g Prot, 26g Fat, 932mg Sodium

4oz Chicken Breast | Bacon | Lettuce | Tomato | Onion  
Mayonnaise | Toasted Bun

## FRENCH DIP\*

707 Cals, 51g Carbs, 40g Prot, 37g Fat, 1952mg Sodium

4oz Sliced Beef | Swiss Cheese  
Horseradish Cream | Toasted Bun  
Au Jus



## 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

# SALADS



Add Grilled Chicken\*, Salmon\*,  
Crispy Chicken\*, Shrimp\*

**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

## 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

## 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

## CHEF'S SOUP OF THE DAY

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

 Broth-based soup is the healthier  
choice.

## PICK TWO

HALF OR WHOLE SANDWICH

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



## 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

## IMMANUEL BREAKFAST\*

439 Cals, 31g Carbs, 18g Prot, 26g Fat, 1042mg Sodium

Two Eggs Any Style | Two Pieces of Bacon or Sausage  
Buttermilk Biscuit

# DRINKS

Coca-Cola Products  
Lemonade  
Fruit Juice  
Milk  
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.

V Vegetarian

 Gluten-Free Friendly

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