

Meal Selections

Thursday Lunch

Chicken Primavera - bow tie pasta with boursin cream sauce and vegetables topped with grilled breast of chicken and parmesan cheese

Beef Pot Roast - sour cream yukon gold mashed potatoes with braised vegetables and pan gravy

Pan Asian Salad - fresh spring greens and romaine Lettuce with mandarin oranges, almonds, sweet red onions, snow peas, and ponzu marinated grilled chicken served with sweet sesame dressing

Thursday Dinner

Pan Seared Halibut - asparagus brown rice and crab vinaigrette (low cholesterol)

Grilled Pork Chop - horseradish smoked cheddar mashed potatoes and apple balsamic demi glaze

Pecan Chicken - pecan encrusted chicken with a Jack Daniels demi glaze, accompanied by wild rice pilaf

Friday Breakfast

West Des Moines Buffet - sliced fruit with cottage cheese, assorted cold cereals with milk, scrambled eggs, smoked bacon, sausage links, and breakfast potatoes

Friday Lunch

Italian Sausage Penne Pasta - served in tomato basil cream topped with asiago cheese

Dagwood Sandwich - thin slices of cured ham, smoked turkey breast, roast beef, lettuce, tomato, swiss and cheddar cheeses, special deli sauce on a baked hoagie bun, and deli style pasta salad

Pecan Chicken Chop Salad - pecan crusted chicken, iceberg & romaine lettuce, granny smith apples, strawberries, red onion, and orange poppy seed dressing