

A LA HEART CAFÉ

Breakfast

MONDAY

Entrée

Bacon
Turkey Sausage
Link Pork Sausage

Sides

Scrambled Eggs
Hard Boiled Eggs
Biscuits
Sausage Gravy
Breakfast Potatoes
Oatmeal

TUESDAY

Entrée

Bacon
Turkey Bacon
Pork Patty Sausage

Sides

Scrambled Eggs
Breakfast Tornadoes
Waffles
Breakfast Potatoes
Cream Of Wheat

WEDNESDAY

Entrée

Bacon
Turkey Sausage
Link Pork Sausage

Sides

Scrambled Eggs
Hard Boiled Eggs
Biscuits
Sausage Gravy
Breakfast Potatoes
Oatmeal

THURSDAY

Entrée

Bacon
Turkey Bacon
Ham Steaks

Sides

Scrambled Eggs
Southwest Eggs
Breakfast Tornadoes
Hash Brown Casserole
Grits

FRIDAY

Entrée

Bacon
Turkey Sausage
Chicken Fried Steak

Sides

Scrambled Eggs
Chorizo Burritos
Biscuits
Sausage Gravy
Breakfast Potatoes
Oatmeal

SATURDAY

Entrée

Bacon
Turkey Sausage
Link Pork Sausage

Sides

Scrambled Eggs
Sausage Gravy
Biscuits
Breakfast Potatoes
Oatmeal

SUNDAY

Entrée

Bacon
Turkey Bacon
Pork Patty Sausage

Sides

Scrambled Eggs
Breakfast Tornadoes
Biscuits
Sausage Gravy
Breakfast Potatoes
Oatmeal

A LA HEART CAFÉ

May 4 - 10

Cinco De Mayo



MONDAY

Entrée

Lemon and Dill Ck **
Roasted Pork W/Apples
Garlic Lemon Crusted Cod

Sides

Steamed Veggies
Brown Rice
Sweet Potato Cubes

Soups

Chicken Noodle



Tomato Onion Soup

TUESDAY

Entrée

Chicken Fajitas
Beef Fajitas
Chicken Taquitos

Sides

Refried Beans
Mexican Rice
White Queso
Apple Crescents

Soups

Chicken Tortilla Soup
Cowboy Bison Chili

WEDNESDAY

Entrée

Honey Soy Salmon **
Chicken Parmesan
Baked Chicken Quarters

Sides

Brown Sugar Carrots
Cheese Breadsticks
Roasted Garlic Mash Potatoes

Soups



Tomato Cream

Roasted Red Pepper & Gouda

THURSDAY

Entrée

Grilled Chicken **
Hot Dogs & Brats
Cheese Burgers

Sides

Mac and Cheese
Steamed Veggies
Potato Wedges
Frito Chili Pie

Soups

Jambalaya
Loaded Bake Potato

FRIDAY

Entrée

Mexican Mahi Mahi **
Burrito Bar
Southwest CK Tornadoes

Sides

Refried Beans
Mexican Rice
White Queso
House Salsa
Cheesecake Chimichanga

Soups

Pork Green Pozole
Chicken Tequila

SATURDAY

Entrée

Balsamic Marinated CK **
Bourbon Chicken
Mini Corn Dogs

Sides

Mac and Cheese Bites
Steamed Veggies
Corn

Soups

Chef's Choice

SUNDAY

Entrée

Grilled Chicken **
Beer Battered Chicken
Breaded Shrimp

Sides

Potato Wedges
Hush Puppies
Steamed Veggies

Soups

Chef's Choice

A LA HEART CAFÉ

May 11 - 17

MONDAY

Entrée


Lemon Rosemary Salmon **
Chicken and Rice
Breaded Pork Chops

Sides

Fried Green Beans
Roasted Broccoli
Roasted Potatoes

Soups

Chicken Noodle

 Garbanzo & Spinach

TUESDAY

Entrée

Blacken Chicken W/Poblano **
Beer Battered Cod
Beer Battered Chicken

Sides

Steamed Veggies
Mac and Cheese Bites
Hush Puppies

Soups

Tomato Basil
Loaded Bake Potato

WEDNESDAY


Entrée

Rosemary Lemon Grilled CK **
Beef Brisket
BBQ RIBS

Sides

Baked Potato
Fried Okra
cream corn
Steamed Broccoli

Soups

Jambalaya
 Eight Bean Soup

THURSDAY

Entrée

Grilled CK W/Asparagus **
Home-style Pot Roast
Chicken Wings

Sides

Steamed Veggies
Brown Rice
Cholay

Soups

Roasted Red Pepper & Gouda
Homestyle Chili

FRIDAY

Entrée

Beer Lime Grilled CK **
Fish Tacos
Beef Fajitas

Sides

Charro Beans
Mexican Rice
White Queso
House Salsa
Apple Crescents

Soups

Cowboy Bison Chili
Chicken Tortilla

SATURDAY

Entrée

Beer Battered Cod **
Zesty Orange Chicken
Chicken and Dumplings

Sides

Steamed Veggies
Rice
Fried Clams

Soups

Chicken Noodle

SUNDAY

Entrée

Grilled Chicken **
Chicken Wings
Hot Dogs/Brats

Sides

Tater Tots
Mac and Cheese
Steamed Veggies

Soups

soup of Day

A LA HEART CAFÉ

May 18 - 24

MONDAY

Entrée

Balsamic Marinated CK **
Spicy Shrimp and Chicken
Beef Stroganoff

Sides

Steamed Veggies
Potato Wedges
Cherry Cobbler

Soups



Lima Bean Soup
Famous Chili

TUESDAY

Entrée

Cheese Manicotti
Fried Shrimp
Lime Marinated Mahi Mahi **

Sides

Wild Rice
Roasted Red Pepper Veggies
Cheese Bread Sticks

Soups

Roasted Red Pepper & Gouda
Potato Leek Soup

WEDNESDAY

Entrée

Teriyaki Salmon **
Zesty Orange Chicken
Bourbon Chicken

Sides

White Rice
Egg Rolls
Steamed Veggies

Soups

Egg Drop Soup
Chicken Noodle

THURSDAY

Entrée

Tilapia W/Dill Sauce **
Chicken A la King
Onion Breaded Chicken

Sides

Hush Puppies
Fried Clams
Steamed Veggies

Soups



Jambalaya
Wild Mushroom

FRIDAY

Entrée

Taco Salad
Southwest Lime Chicken **
Chicken Tamales

Sides

Refried Beans
Mexican Rice
White Queso
House Salsa
Cheesecake Chimichanga

Soups

Cream Of Jalapeno
Chicken Posole

SATURDAY

Entrée

Garlic Lemon Crusted Cod **
Breaded Pork Chops
Kung Pao Chicken

Sides

Steamed Veggies
Rice
Egg Rolls

Soups

Loaded Baked Potato

SUNDAY

Entrée

Pecan Crusted Salmon**
Chicken Wings
Home-style Pot Roast

Sides

Steamed Veggies
Mash Pot/ Gravy
Fried Green Beans

Soups

Roasted Red Pepper/Gouda

May 25 - 31

Monday


Entrée

Herb Crusted Cod **
Sausage W/Onions & Peppers
Chicken Pot Pie

Sides

Southern Style Cabbage
Steamed Veggies
Potatoes Au Gratin

Soups

 Cream of Potato
Famous Chili

TUESDAY

Entrée

Indian-Spiced Grilled Chicken **
Home-style Pot Roast
Balsamic & Rosemary salmon

Sides

Steamed Veggies
Blackberry Cobbler
Mash Pot/ Gravy
Cholay

Soups

Roasted Red Pepper & Gouda
Loaded Bake Potato

WEDNESDAY

Entrée

Cod W/Fennel Citrus Chili **
Chicken Pad Thai
Korean Steak Tacos

Sides

Pot Stickers
White Rice
Steamed Veggies

Soups

 Chicken Noodle
Tuscan Leek

THURSDAY

Entrée

Fennel Rubbed Pork Loin
Grilled Chicken **
Irish Cornbeef Cabbage

Sides

Parmesan Roasted Potatoes
Squash and Onions
Rice

Soups

Jambalaya
Tomato Basil

FRIDAY

Entrée

Chiptole BBQ Salmon **
Monterry Ranch Chicken
Chicken Fajitas

Sides

Charro Beans
Mexican Rice
White Queso
House Salsa
Apple Crescents

Soups

Cowboy Bison Chili
Chicken Tequila

SATURDAY

Entrée

Beer Battered Cod
Lemon and Dill Chicken **
Home-style Pot Roast

Sides

Rice
Mash Potatoes/Gravy
Steamed Veggies

Soups

Chefs Choice

SUNDAY

Entrée

Potato Crusted Cod **
Breaded Shrimp
Beer Battered Chicken

Sides

Steamed Veggies
Rice
Hush Puppies

Soups

 Chefs Choice

A LA HEART CAFÉ

June 1 - 7

Monday

Entrée

Meat Loaf
Steak Fingers
Lemon Rosemary Salmon **

Sides

Steamed Veggies
Fried Green Beans
Mash Pot/White Gravy
Strawberry Cobbler

Soups

 Garbanzo & Spinach
Jambalaya

TUESDAY

Entrée

Thyme/Sesame Crusted Mahi **
Coconut Shrimp
Fried Chicken

Sides

Roasted Broccoli
Fried Okra
Mash Pot/ Gravy
Red Beans and Rice

Soups

Homestyle Chili
Loaded Bake Potato

WEDNESDAY

Entrée

Kung Pao Chicken
Citrus Ginger Salmon **
Beer Battered Chicken Tenders

Sides

Pork Egg Rolls
White Rice
Steamed Veggies

Soups

 Chicken Noodle
Carrot Ginger Soup

THURSDAY

Entrée

Grilled Chicken **
Roasted Turkey Breast
Home-style Pot Roast

Sides

Mash Potato/Gravy
Green Bean Casserole
Stuffing
Sweet Potato Cubes

Soups

Potato Leek
Roasted Red Pepper & Gouda

FRIDAY

Entrée

Chicken Fajitas **
Cheese Enchiladas
Guiso De Pollo

Sides

Refried Beans
Mexican Rice
White Queso
House Salsa
Apple Crescents

Soups

Pork Green Chili
Lowfat Chicken Tortilla

SATURDAY

Entrée

Coconut Shrimp
BBQ Chicken Breast **
BBQ Ribs

Sides

Green Beans
Mash Potatoes/Gravy
Steamed Veggies

Soups

Chefs Choice

SUNDAY

Entrée

Chicken and Dumplings
Chicken Wings
Beer Battered Cod **

Sides

Steamed Veggies
Potato Wedges
Hush Puppies
Rice

Soups

Chefs Choice

A LA HEART CAFÉ

June 8 - 14

MONDAY

Entrée

Catfish W/Dill Sauce**
Beef Stroganoff
Chicken and Dumplings

Sides

Steamed Veggies
Fried Clams
Fried Zucchini

Soups

Jambalaya



Tomato Basil Soup

TUESDAY

Entrée

Crab Cakes
Chicken Milanese
Tomato Basil Chicken **

Sides

Steamed Broccoli
Load Mash Potatoes
Cheese Bread Sticks

Soups

Chicken Noodle
Tomato Basil

WEDNESDAY

Entrée

Alice Chicken
Beef Lasagna
Salmon W/Mustard and Herbs **

Sides

White Rice
Roasted Potatoes
Roasted Red Pepper Veggies

Soups

Roasted Red Pepper & Gouda



Wild Mushroom

THURSDAY

Entrée

Chicken Fried Chicken
Chicken Fried Steak
SW Chipotle Salmon **

Sides

Mash Potato/Gravy
Corn
Steamed Veggies
Cherry Cobbler

Soups

Famous Chili
Wisconsin Cheese

FRIDAY

Entrée

Pork Carnitas
Stuffed Bell Peppers
Taco Bar

Sides

Charro Beans
Mexican Rice
White Queso
House Salsa
Apple Crescents

Soups

Chicken Enchilada
Cowboy Bison Chili

SATURDAY

Entrée

Tomato Basil Chicken **
Beef Stroganoff
Potato Crusted Cod

Sides

Fried Zucchini
Steamed Veggies
Roasted Potatoes

Soups

Chef's Choice

SUNDAY

Entrée

Home-style Pot Roast
Chicken Wings
Grilled Chicken W/Asparagus **

Sides

Green Beans
Mash Potatoes/Gravy
Wild Rice

Soups

Chef's Choice

A LA HEART CAFÉ

June 15 - 21

MONDAY

Entrée

Raspberry Chipotle Pork Loin **
Chicken Wings
Korean BBQ CK Skewers

Sides

Roasted Garlic Mash Potatoes
Brown Sugar Carrots
Steamed Veggies

Soups

Chicken Noodle



Ajiaco Soup

TUESDAY

Entrée

Pecan Crusted Salmon **
Chicken Crostina
Beef Pot Pie

Sides

Cheese Bread Sticks
Steamed Veggies
Au Gratin Potatoes

Soups

Loaded Bake Potato
Roasted Red Pepper & Gouda

WEDNESDAY

Entrée

Balsamic Marinated CK **
Beef Brisket
Breaded Shrimp

Sides

Steamed Veggies
Fried Okra
Baked Potato
Cream Corn

Soups

Famous Chili



Lima Bean Soup

THURSDAY

Entrée

Home-style Pot Roast
Zesty Orange Pork Chops **
Cowboy Chicken

Sides

Brown Rice
Steamed Veggies
Cholay
Fried Green Beans

Soups

Broccoli Cheese
Jambalaya

FRIDAY

Entrée

Fiesta Lime Chicken **
Chicken Enchilada Casserole
Beef Tamales

Sides

Refried Beans
Mexican Rice
White Queso
House Salsa
Cheesecake Chimichanga

Low Fat CK Tortilla
Pork Green Chili

SATURDAY

Entrée

Cajun Catfish **
Cowboy Chicken
BBQ Ribs

Sides

BBQ Beans
Au Gratin Potatoes
Steamed Veggies

Soups

Chef's Choice

SUNDAY

Entrée

Chicken Fried Steak
Beer Battered Chicken
Potato Crusted Cod **

Sides

Mash Potatoes/Gravy
Steamed Veggies
Corn

Soups

Chef's Choice

A LA HEART CAFÉ

June 22 - 28

MONDAY

Entrée

Cajun Catfish **
BBQ Ribs
Fried Chicken

Sides

Mash Potato/White Gravy
Dirty Rice
Fried Okra
Steamed Veggies

Soups



Vegetable Soup
Homestyle Chili

TUESDAY

Entrée

Lemon Rosemary Chicken **
Carolina Smoked Pork
Indian Tacos

Sides

Steamed Veggies
Mozzarella Sticks
Peach Cobbler

Soups

Lobster Bisque
Jambalaya

WEDNESDAY

Entrée

Grilled Chicken and Squash **
Coconut Shrimp
Pesto Ravioli

Sides

Steamed Veggies
Potato Wedges
Cheese Breadsticks

Soups



8 Bean Soup
Roasted Red Pepper & Gouda

THURSDAY

Entrée

Breaded Pork
Flank Steak W/Chimichurri **
Beer Battered Cod

Sides

Mash Pot/Gravy
Corn
Steamed Veggies
Rice

Soups

Broccoli Cheese
Chicken Noodle

FRIDAY

Entrée

Parilla Chicken
Mexican Salmon **
Cheese Enchiladas

Sides

Charro Beans
Mexican Rice
White Queso
House Salsa
Apple Crescents

Soups

Chicken Enchilada
Beef Poblano

SATURDAY

Entrée

BBQ Brisket
Fried Shrimp
Grilled Chicken **

Sides

Steamed Veggies
Hush Puppies
Fried Zucchini

Soups

Chicken Noodle

SUNDAY

Entrée

Chicken and Dumplings
Chicken Wings
Salmon W/Mustard and Herbs **

Sides

Steamed Veggies
Rosemary Potatoes
Rice

Soups

Chef's Choice