

A LA HEART CAFÉ

Breakfast April 6-12

MONDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Eggs Benedict

Sides

Sausage Patties
Potatoes w/ onions & Peppers
Grits
Cream of Wheat

TUESDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Breakfast Chimichanga

Sides

Turkey Bacon
Potato Pockets
Grits
Cream of Wheat

WEDNESDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Steak Fingers

Sides

Bacon
Hashbrown casserole
Grits
Cream of Wheat

THURSDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Cheese Blintz

Sides

Sausage Links
Shredded Hashbrowns
Grits
Cream of Wheat

FRIDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Chicken & Waffles

Sides

Turkey Sausage
Hashbrown Patties
Grits
Cream of Wheat

SATURDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Chicken & Waffles

Sides

Sausage Links
Potatoes w/ onions & peppers
Grits
Cream of Wheat

SUNDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Scrambled Eggs & Sausage

Sides

Bacon
Hashbrowns
Grits
Cream of Wheat

* Specials Served Daily

A LA HEART CAFÉ

April 6-12

MONDAY

Entrée

*BBQ Salmon
Chicken Kabobs
Apple Glazed Pork Loin

Sides

Baked Potatoes
Green Bean Casserole

Rice

Grilled Veggies

Soups

Vegetable Beef
Chicken & Dumpling

Bistro Soups

Lobster Bisque
Italian Wedding

TUESDAY

Entrée

*Chicken & Mushroom Pasta
Chicken Fried Steak
Oven Fried Chicken

Sides

Mashed Potatoes
Squash Casserole
Steamed Veggies
Black Berry Cobbler

Soups

Potato Bacon
Broccoli Cheese

Bistro Soups

Chicken & Dumpling
Gumbo

WEDNESDAY

Entrée

*Baked Cod
Breaded Pork Chops
Tuscan Chicken

Sides

Prince Edward Veggies
Garlic Knots
Scalloped Potatoes

Soups

Minestrone
Roasted Red Pepper

Bistro Soups

Clam Chowder
Hearty Vegetable

THURSDAY

Entrée

*Baked Tilapia
Marinated Herb Steak
Chicken w/ Asparagus

Sides

Wild Rice
Roasted Broccoli
Macaroni & Cheese
Twice Baked Potatoes

Soups

Wisconsin Cheese
Italian Wedding

Bistro Soups

Chicken Enchilada
French Onion

FRIDAY

Entrée

*Pescado Veracruz
Steak Burritos
Chicken & Chile Street Taco
Taco Salad

Sides

Cilantro Lime Rice
Refried Beans
Sopapillas

Soups

Charra Beans
Poblano Cheddar

Bistro Soups

Wisconsin
Italian Ravioli

SATURDAY

Entrée

*Chicken Parilla
Mexican Casserole
Chicken Fajitas

Sides

Cilantro Lime Rice
Refried Beans
Sopapillas

Soups

Chili con Carne
Poblano Cheddar

SUNDAY

Entrée

*Baked Spaghetti
Chicken Wings
Creamy Chicken & Rice

Sides

Twice Baked Potatoes
Malibu Blend Veggies
Apple Cobbler

Soups

Roasted Red Pepper
Chicken w/ Wild Rice

* denotes heart healthy item

A LA HEART CAFÉ

Breakfast April 13-19

MONDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Kolaches

Sides

Sausage Patties
Potatoes w/ onions & Peppers
Grits
Cream of Wheat

TUESDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Campfire Breakfast

Sides

Turkey Bacon
Potato Pockets
Grits
Cream of Wheat

WEDNESDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
French Toast Sticks

Sides

Bacon
Hashbrown casserole
Grits
Cream of Wheat

THURSDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Chicken & Waffle Bites

Sides

Sausage Links
Shredded Hashbrowns
Grits
Cream of Wheat

FRIDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Chilequiles

Sides

Turkey Sausage
Hashbrown Patties
Grits
Cream of Wheat

SATURDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Breakfast Pizza Bagels

Sides

Ham
Potatoes w/ onions & peppers
Grits
Cream of Wheat

SUNDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
French Toast Sticks

Sides

Bacon
Hashbrowns
Grits
Cream of Wheat

* Specials Served Daily

A LA HEART CAFÉ

April 13-19

MONDAY

Entrée

***Mediterranean Chicken w/
Veggies
Chicken Pot Pie
Baked Spaghetti**

Sides

**Au Gratin Potatoes
Key Biscayne Veggies
Cherry Cobbler**

Soups

**Minestrone
Lobster Bisque**

Bistro Soups

**Gumbo
Tomato Florentine**

TUESDAY

Entrée

***Pot Roast
Fried Chicken
Brown Sugar Chicken**

Sides

**Mashed Potatoes
Green Beans
Pot Roast Veggies
Corn**

Soups

**Burgundy Beef Stew
Roasted Red Pepper**

Bistro Soups

**Potato Bacon
Chicken w/ Wild Rice**

WEDNESDAY

Entrée

***Smoked Pork Loin
Indian Tacos
Chicken Monterey**

Sides

**Prince Edward Veggies
Rosemary Potatoes
Fried Zucchini**

Soups

**Chicken w/ Wild Rice
Moroccan Lentil**

Bistro Soups

**Clam Chowder
Vegetable Beef**

THURSDAY

Entrée

**Pesto Salmon
Hot Dog & Brats Bar
Churrasco Chicken**

Sides

**Frito Chili Pie
Broccoli & Cheese
Rice**

Potato Wedges

Soups

**Chicken Dumpling
Potato Bacon**

Bistro Soups

**Tortilla
Chicken & Dumpling**

FRIDAY

Entrée

***Chicken Parilla
Cheese Enchiladas
Beef Burritos
Crispy Chicken Tacos**

Sides

**Mexican Rice
Black Beans
Sopapillas**

Soups

**Mexican Tortilla
Caldo de Pollo**

Bistro Soups

**Tomato Tortellini
Chicken Corn Chowder**

SATURDAY

Entrée

***Blackened Chicken
Red Beans & Rice
Shrimp Etouffee
Meat Pies**

Sides

**Corn on the Cob
Jalapeno Cornbread
Fried Okra**

Soups

**Gumbo
Chicken & Dumpling**

SUNDAY

Entrée

***Meatloaf
Breaded Shrimp
Pecan Salmon**

Sides

**Mashed Potatoes
Green Beans
Sweet Potatoes**

Soups

**Potato Bacon
Chicken Tortilla**

A LA HEART CAFÉ

Breakfast April 20-26

MONDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Kolaches

Sides

Sausage Patties
Potatoes w/ onions & Peppers
Grits
Cream of Wheat

TUESDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Campfire Breakfast

Sides

Turkey Bacon
Potato Pockets
Grits
Cream of Wheat

WEDNESDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
French Toast Sticks

Sides

Bacon
Hashbrown casserole
Grits
Cream of Wheat

THURSDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Chicken & Waffle Bites

Sides

Sausage Links
Shredded Hashbrowns
Grits
Cream of Wheat

FRIDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Chilequiles

Sides

Turkey Sausage
Hashbrown Patties
Grits
Cream of Wheat

SATURDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Breakfast Pizza Bagels

Sides

Ham
Potatoes w/ onions & peppers
Grits
Cream of Wheat

SUNDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
French Toast Sticks

Sides

Bacon
Hashbrowns
Grits
Cream of Wheat

* Specials Served Daily

A LA HEART CAFÉ

April 20-26

Monday

Entrée

*Baked Tilapia
Beef Tagine
Mediterranean Chicken Orzo

Sides

Garlic Mashed Potatoes
Fried Zucchini
California Blend Veggies
Rice

Soups

Chicken & Dumpling
Hearty Vegetable

Bistro Soups

Lobster Bisque
Minestrone

TUESDAY

Entrée

*Eggplant Tortellini
Chicken Milanese
Italian Pork Chops
Crab Cakes

Sides

Italian Blend Veggies
Sautéed Zucchini
Garlic Knots

Soups

Italian Ravioli
Pasta Fagioli

Bistro Soups

French Onion
Cream of Potato

WEDNESDAY

Entrée

*Mediterranean Shrimp
Apple Stuffed Chicken
Stromboli

Sides

Balsamic Carrots
Scalloped Potatoes
Rice
Malibu Blend Veggies

Soups

Buffalo Chicken
Italian Wedding

Bistro Soups

Chicken Noodle
Roasted Red Pepper

THURSDAY

Entrée

*Honey Chicken Thighs
Chicken Napoleon
Pan Seared Pork Chops

Sides

English Peas
Roasted Broccoli
Roasted Red Potatoes

Soups

Vegetable Beef
Split Pea w/ Ham

Bistro Soups

Italian Wedding
Broccoli Cream

FRIDAY

Entrée

*Veggie Quesadillas
Taco Salad
Chicken Burritos
Chile & Cheese Street Taco

Sides

Cilantro Lime Rice
Refried Beans
Sopapillas

Soups

Taco Soup
Chili con Carne

Bistro Soups

Chicken w/ Wild Rice
Wisconsin Cheese

SATURDAY

Entrée

*Zucchini Boats
Chicken Kabobs
Fried Catfish
Clams

Sides

Baked Potatoes
Steamed Veggies
Hush Puppies

Soups

Potato Bacon
Burgundy Beef Stew

SUNDAY

Entrée

*Lemon Pepper Cod
Chicken Spaghetti
Brisket

Sides

Mashed Potatoes
Normandy Blend Veggies
Baked Beans
Cherry Cobbler

Soups

Roasted Red Pepper
Chicken Noodle

*denotes heart healthy

A LA HEART CAFÉ

April 27- May3

MONDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Kolaches

Sides

Sausage Patties
Potatoes w/ onions & Peppers
Grits
Cream of Wheat

TUESDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Breakfast Casserole

Sides

Turkey Bacon
Potato Pockets
Grits
Cream of Wheat

WEDNESDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Sausage Bites

Sides

Bacon
Hashbrown casserole
Grits
Cream of Wheat

THURSDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Chicken & Waffle Bites

Sides

Ham
Shredded Hashbrowns
Grits
Cream of Wheat

FRIDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Campfire Breakfast

Sides

Turkey Sausage
Hashbrown Patties
Grits
Cream of Wheat

SATURDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Breakfast Pizza Bagels

Sides

Sausage Patties
Potatoes w/ onions & peppers
Grits
Cream of Wheat

SUNDAY

Entrée

Scrambled Eggs
Boiled Eggs
Biscuits
Gravy
Steak Fingers

Sides

Bacon
Hashbrowns
Grits
Cream of Wheat

* Specials Served Daily

A LA HEART CAFÉ

April 27- May3

MONDAY

Entrée

***Stuffed Bell Peppers
Fried Catfish
Creamy Chicken & Rice**

Sides

**Clams
Collard Greens
Black Eyed Peas
Hush Puppies**

Soups

**Chicken Noodle
Potato Bacon**

Bistro Soups

**Lobster Bisque
Yukon Gold Potato**

TUESDAY

Entrée

***Mediterranean Salmon
Balsamic Chicken & Pears
Mediterranean Chicken**

Sides

**Calamari
Couscous
Green Beans in Tomatoes
California Blend Veggies**

Soups

**Cuban Black Bean
Roasted Red Pepper**

Bistro Soups

**Tortilla soup
Minestrone**

WEDNESDAY

Entrée

***Chicken Stir Fry
Beef Szechuan
Sweet & Sour Chicken**

Sides

**Pot Stickers
Fried Rice
Egg Rolls**

Soups

**Asian Mushroom
Egg Drop**

Bistro Soups

**Vegetable beef
Chicken enchilada**

THURSDAY

Entrée

**Meatloaf
Coconut Shrimp
Fried Shrimp
Chicken Spaghetti**

Sides

**Mashed Potatoes
Pacific Rim Veggies
Cherry Cobbler**

Soups

**Roasted Red Pepper
French Onion**

Bistro Soups

**Chicken Noodle
Broccoli Cheese**

FRIDAY

Entrée

***Mama's Skinny Enchiladas
Pork Tamales
Mexican Casserole
Chipotle Lime Tilapia**

Sides

**Black Beans
Mexican Rice
Sopapillas**

Soups

**Caldo de Res
Chicken Enchilada**

Bistro Soups

**Italian Ravioli
Ham & Bean**

SATURDAY

Entrée

**Chicken Mushroom Pasta
Breaded Pork Chops
Breaded Cod**

Sides

**Steak Fries
English Peas
Italian Blend Veggies**

Soups

**Vegetable Beef
Buffalo Chicken**

SUNDAY

Entrée

***Baked Catfish
Pot Roast
Chicken Piccata**

Sides

**Mashed Potatoes
Green Beans
Pot Roast Veggies**

Soups

**Potato Cream
Chicken Noodle**

***denotes heart healthy**