



EAT. DRINK. ENJOY.

APPETIZERS

- CRUDITÉS** **V**

160 Cals, 7g Carbs, 1g Prot, 14g Fat, 342mg Sodium

Carrot | Celery | Radish | Ranch
- FRIED BRUSSELS SPROUTS** **V**

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.

- GRILLED BEEF TENDERLOIN\***

180 Cals, 2g Carbs, 23g Prot, 8g Fat, 343mg Sodium

4oz Beef Tenderloin | Mushroom

Onion | Brown Gravy | Chives
- 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

\*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  
Add Bacon or Avocado

## 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

# 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



# 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.

# 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

 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.