

## Entrées From The Grill - A La Carte

Catch of the Day .....	\$9.25
<i>Fresh catch fried or grilled to perfection</i>	
Gulf Shrimp .....	\$7.50
<i>Large shrimp either fried or grilled</i>	
Grilled Filet Medallions .....	\$12.50
<i>6 oz. filet cooked to your liking</i>	
Grilled Hot Dog .....	\$3.25
Build Your Own Burger .....	\$5.50
<i>Choose between a beef, turkey or veggie burger with an array of toppings</i>	
<i>Toppings: Lettuce, tomato, onions, sautéed onions, peppers, mushroom, olives</i>	
<i>Cheese: American, cheddar, bleu, provolone, swiss</i>	
<i>Bacon \$0.75 additional</i>	
Grilled Cheese .....	\$2.75
Chicken Finger Sandwich .....	\$4.50
Grilled Chicken Breast .....	\$4.50
Chopped Steak .....	\$4.50
<i>Served with grilled onions &amp; gravy</i>	
Liver and Onions .....	\$4.00
<i>Grilled beef liver &amp; gravy</i>	

## Entrée Salads *Add Chicken, Shrimp or 3oz Steak to House or Caesar*

House Salad .....	\$7.50
<i>Mixed greens, tomato, cucumber, olives, carrots &amp; choice of dressing</i>	
Caesar Salad .....	\$7.50
<i>Crispy romaine lettuce, parmesan &amp; croutons</i>	
Chef Salad .....	\$7.50
<i>Ham, turkey, American cheese, hard boiled egg and tomato served on crispy lettuce</i>	



Under 450 calories



Under 400mg Sodium



No Sugar Added



Gluten-free Recipe



Less than 600 calories, 20g fat  
600mg sodium, 90mg cholesterol

# Lenbrook Daily Menu

Friday Week 3

## Today's Entrées

Pot Roast ..... \$8.60

*Served with Grilled Asparagus and Roasted Mushrooms \**

Lobster Thermidor ..... \$15.00

*Served with Broccoli and Mashed Potatoes \**

\* Substitute both sides for a Cup of Soup, Fruit Cup or Side Salad, or choose two favorites from the list below

## Available Sides



Served A La Carte starting at \$1.00

*House Salad, Caesar Salad or Spinach Salad - \$2.50*

*Grilled Asparagus (\$1.75), Roasted Mushrooms (\$1.50), Lima Beans, Baked Potato (\$2.00), Baked Sweet Potato, Gelatin Fruit Salad (\$2.00), Broccoli, Cottage Cheese (\$2.00), French Fries (\$1.50), Italian Green Beans, Mashed Potatoes*

## Soups

Chicken Noodle Soup ..... \$2.25

Clam Chowder ..... \$2.25

## Desserts

Chocolate Cake with ..... \$2.00  
Chocolate Frosting

Assorted Ice Creams ..... \$2.00

Small Scoop ..... \$1.00

Sugar Free Dessert ..... \$2.00



## The Lighter Side

Soup & Half Sandwich ..... \$5.75

*Half of your choice of sandwich  
with choice of soup*

Soup & Salad ..... \$5.75

*A cup of soup with choice of salad:  
House, Caesar or Spinach*

Sandwich on Wheat Bread ..... \$3.25

*Sandwich on Wheat Bread*

*Choice of: Tuna Salad, Chicken Salad, Egg Salad,  
Ham or Turkey*

*Add Cheese \$0.25 : American, Cheddar, Blue,  
Provolone, Swiss*



Pot Roast ..... \$10.60

*Served with Chicken Noodle  
Soup, Steamed Broccoli & Baked  
Potato*

Consuming raw or undercooked meats, seafood or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.