



THE  
**P A L M S**  
DINING

## Always Available Menu

### Entrees

#### \*Grilled Ribeye

8 oz Angus beef steak, cut in house cooked to order, served with a wild mushroom demi or rosemary garlic butter

520kcal/712na

#### Chicken Breast

Grilled or Sauteed

220-270kcal/150-210na

#### Salmon

Poached or Grilled

150kcal/140-250na

#### Weekly Entree Salad

Please ask your server

#### Stir Fry

Your choice of protein with snap peas, carrots, red pepper, broccoli, celery, & shitake mushrooms served over brown rice tossed in a sauce with Asian flavors

YOUR CHOICE OF CHICKEN OR SHRIMP

325-390kcal/1070-1170na

#### Stuffed Vegetable

Your choice of vegetable stuffed with wild rice, lentils, roasted vegetables, feta cheese, served with marinara sauce

YOUR CHOICE OF PORTABELLA MUSHROOM OR SQUASH

630kcal/822na

### Sides

#### Mashed Potatoes with Gravy

149kcal/291na

#### Baked Potato

211kcal/17na

#### Baked Sweet Potato

98kcal/11na

#### Brown Rice

218kcal/2na

#### Steamed Carrots

30kcal/38na

#### Asparagus

25kcal/1na

#### Green Beans

20kcal/3na

#### Broccoli

31kcal/30na

### Beverages

#### Coffee

Regular or Decaf

#### Hot Tea

Lipton Black or Decaf, Green

#### Milk

Skim, 2%, Whole, Chocolate, Buttermilk

#### Juice

Cranberry, Orange, Apple, LS V-8, Prune

#### Iced Tea with lemon

#### Lemonade

#### Arnold Palmer

#### Cappuccino

#### Hot Chocolate



All items can be modified for Gluten Friendly options

\*In the interest of Public Health be advised that eating under cooked meats, poultry, seafood or eggs could be a potential cause of Food Borne Illness. Calorie (kcal) & Sodium MG (na) estimated 06/19/2023