



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

Gnocchi Primavera

Light potato dumpling topped with a marinara sauce consisting of onions, garlic, red & green bell peppers, & sundried tomatoes.

315kcal/1005na

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, V-8, LS V-8, Prune

Iced Tea

with lemon

Lemonade

Arnold Palmer

Cappuccino

Hot Chocolate



All items can be modified for Gluten Friendly options except Gnocchi

***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 11/12/2023**