

Fresh Sandwiches

- 2100 **C** Turkey & Cheddar Sandwich on wheat bread *
- 2101 **C** Ham & Cheddar Sandwich on wheat bread *
- 2102 **C** Peanut Butter & Jelly Sandwich on wheat bread

Soups

- 3000 **C** Corn Chowder Soup with mixed vegetables
- 3001 **♥ C** Beef & Barley Soup with mixed vegetables
- 3002 **C** Navy Bean Soup with mixed vegetables *
- 3004 **C** Chicken Wild Rice Soup with mixed vegetables
- 3005 **C** Clam Chowder Soup with carrots
- 3008 **C** Split Pea Soup with carrots
- 3012 **C** Beer Cheese Soup with green beans * **(V)**
- 3015 **C** Tomato Basil Soup with cauliflower **(V)**
- 3016 **♥** **NEW ITEM -** Chicken Tortilla Soup with rice and black beans **(GF)**

Breakfast

- 2002 **C** Cheese Omelet with breakfast potatoes & cinnamon applesauce **(V) (GF)**
- 2003 **Denver Omelet** with breakfast potatoes and applesauce **(GF)**
- 2005 **French Toast** with turkey sausage links and cranberry applesauce
- 2007 **♥ C** Raisin Bran with breakfast potatoes and turkey sausage links

* = More than 800 mg of sodium

(V) = Vegetarian item

(GF) = Gluten Friendly item

♥ = Heart Healthy item - Lower Sodium, 10% or less DV Saturated Fat

C = Carb Conscious item- Less than 65g Carbohydrates

Pureed meals are available upon request, please call office for details.

TO PLACE AN ORDER:

Please call 651-746-8280 or email your order to Orders@OptageDining.org

Be sure to include your name and phone number and the item numbers you would like.

Orders are due three business days before your assigned delivery date.

Items may be substituted without notice based on availability.



Senior Dining Choices MENU

Our menu contains a generous variety of ready-to-heat, delicious meals.

Menu options include poultry, seafood, beef, pork, soups, breakfast options as well as vegetarian choices.

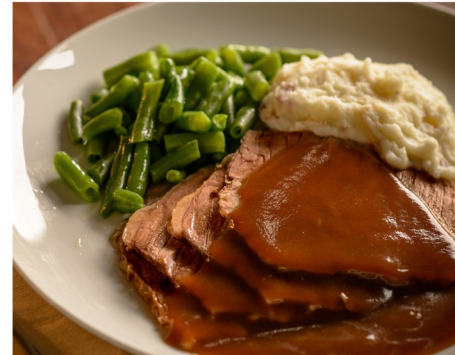
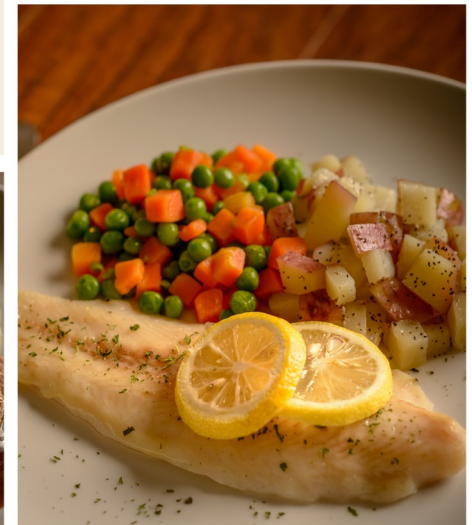
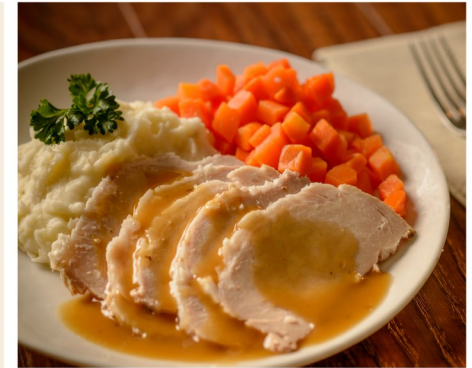
Please complete the paper menu delivered to you and return to your delivery driver on your next delivery day.

You will receive the daily features if we do not receive your menu choices in a timely manner.

We look forward to hearing from you!

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Optage Senior Dining

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Poultry

- 1715 ♥ Chicken Chow Mein with rice and carrots (GF)
- 1716 ♥ Chicken with Peach Ginger Sauce with rice and green beans (GF)
- 1719 C Sliced Turkey with gravy, mashed potatoes and corn * (GF)
- 1721 ♥ C Sweet and Sour Chicken with rice and stir fry vegetables (GF)
- 1723 ♥ C BBQ Chicken with yams and capri vegetables (GF)
- 1724 C Chicken Patty on Bun with french fries and green beans *
- 1726 ♥ C Baked Chicken with mashed potatoes and peas & carrots (GF)
- 1727 C Chicken Alfredo with pasta and capri vegetables
- 1732 C Turkey Hot Dog on a Bun with steak fries and green beans (GF-no bun)
- 1733 C White Chicken Chili with beans and mixed vegetables
- 1735 Chicken a la King with rice and peas & carrots
- 1741 ♥ Orange Mango Chicken with rice and stir fry vegetables (GF)
- 1742 ♥ NEW ITEM-Chicken w/ Orange Sauce, rice & stir fry vegetables (GF)
- 1743 C NEW ITEM-Chicken with Dijon Dill Sauce, parsley potatoes & peas/carrots
- 1744 NEW ITEM-Chicken Enchilada with rice and fiesta corn

Vegetarian

- 1751 C Macaroni and Cheese with green beans (V)
- 1752 C Pasta with Alfredo Sauce and capri vegetables (V)
- 1755 ♥ C Pasta with Marinara Sauce with wax beans (V)
- 1757 NEW ITEM-Cheese Stuffed Pasta Roll w/ marinara & Italian blend * (V)
- 2002 C Cheese Omelet with breakfast potatoes & cinnamon applesauce (V) (GF)
- 2102 C Peanut Butter & Jelly Sandwich on wheat bread
- 3012 C Beer Cheese Soup with green beans * (V)
- 3015 C Tomato Basil Soup with cauliflower (V)

Beef

- 1601 C Spaghetti and Meatballs with wax beans
- 1602 C Salisbury Steak with gravy, diced potatoes and carrots
- 1603 C Meatloaf with mashed potatoes and corn
- 1605 C Swedish Meatballs with pasta and diced beets
- 1606 ♥ C Goulash with green beans
- 1608 C Meat Lasagna with Italian blend vegetables *
- 1610 Beef Chili with beans and fiesta corn (GF)
- 1612 C Beef Pot Roast with gravy, mashed potatoes and green beans (GF)
- 1614 C Tater Tot Hotdish with corn
- 1618 ♥ C Beef Stroganoff with broccoli
- 1619 C BBQ Beef Riblet with steak fries and wax beans
- 1620 C Pepper Steak with rice and stir fry vegetables (GF)
- 1626 C NEW ITEM-Italian Casserole w/ Hearty Meat Sauce , pasta and carrots
- 1627 ♥ NEW ITEM-Beef Tips w/ Mushroom Sauce, pasta & brussel sprouts
- 1628 ♥ C NEW ITEM-Sloppy Joe on a Bun with potato circles and carrots *

Seafood

- 1802 C Parsley Buttered Fish with mashed potatoes and peas & carrots (GF)
- 1803 C Breaded Fish Fillet with mashed potatoes and green peas
- 1805 Fish Sandwich on Bun with french fries and mixed vegetables
- 1806 ♥ C Lemon Pepper Fish with mashed potatoes and broccoli (GF)

Pork

- 1902 C Sliced Ham with pineapple ring, mashed potatoes and spinach * (GF)
- 1903 C Bratwurst on Bun with potato wedges and carrots * (GF-no bun)
- 1906 ♥ Pork w/ Peach Ginger Sauce with rice and stir fry vegetables (GF)
- 1907 ♥ C Pork Roast with gravy, mashed potatoes and carrots (GF)