

# FELLOWSHIP SQUARE HISTORIC

June 23<sup>rd</sup> thru June 29<sup>th</sup>

## SALADS & SANDWICHES

Includes beverage, dessert and choice of two sides \$9

**Tuna Salad Stuffed Avocado** - A bed of lettuce topped with an avocado filled with tuna salad, egg, tomato and lemon

### Chefs Salad

Lettuce topped with ham, turkey, cheddar, Swiss, egg and tomato

**Gold Canyon Burger** - Choice of cheddar, Swiss, or American cheese

**All Beef Hot Dog** – 1/4 pound hot dog on a bun

### Impossible Burger

Gluten free vegan patty topped with aged cheddar cheese

### Beer Battered Shrimp Basket

Beer battered shrimp, fries & Cole slaw

### Tuna Salad Sandwich

Tuna salad on whole wheat with lettuce and tomato

## SIDE DISHES (No half orders allowed)

Ala Carte Sides \$1.50

Mashed Potatoes & Gravy

French Fries

Sweet Potato Fries

Baked Beans

Zucchini

Beets

Asparagus

Potato Chips

Fruit Salad

Tomato Feta Salad

Cup of Soup

Dessert of the Day

Cottage Cheese

Mashed Yams

Applesauce

## ENTREES

Includes your choice of soup, salad, dessert, two side dishes, and beverage \$9

**Pan Seared Salmon** - Topped with honey cajun butter

**Pulled Pork Elote (Corn) Tacos** - Flour tortillas topped with smoked shredded pork, cheese, elote sauce and corn relish

**Creamy Goat Cheese Tomato Pasta** - Pasta cooked with Italian herbs, grape tomatoes, spinach, zucchini, garlic, ground tomatoes, and goat cheese  
Walder Wellness: Carrie Walder, MS, RD

**Top Sirloin Steak** - Served with your choice of sides

**Grilled Mahi Mahi** - Topped with pineapple salsa served on a bed of cauliflower rice

**Grilled Chicken Breast (GF)** - Served with your choice of sides

**Black Bean, Mango, and Chicken Quesadilla** - Served with your choice of sides. Source: The Diabetes Cookbook Lara Rondinelli, RD, LDN, CDE