






### Always Available Menu

#### BREAKFAST

Fresh Cut Fruit   
Eggs Your Way  
Assorted Breads & Bagels  
Made to Order Pancakes   
Hot Oatmeal  
Breakfast Bacon or Sausage  
Hearty Cinnamon Roll w/ Icing


#### LUNCH & DINNER

Baked Cod   
Grilled Chicken Breast   
 Chef salad  
Hamburger or Hot Dog  
Vegetable Burger \*DF   
Grilled Cheese   
Pasta w/ Marinara Sauce   
Tomato Basil or Chicken Soup  
\*Choice of rice or noodle \*GF  
BYO Deli Sandwich:  
Tuna Salad, Egg Salad, Chicken  
Salad, Ham, Turkey, Swiss,  
American, Cheddar, Lettuce,  
Tomato, Onion \* Choice of Bread   
Sides:  
Baby Carrots, Steamed Zucchini,  
Baked Potato, Sweet Potato,  
Mashed Potato \*Gravy Available

#### DESSERTS

Jello & SF Jello  
Vanilla & Chocolate Pudding  
Ice Cream  
Blueberry Muffin \*GFDF  
Brookie \*GFDF  
Sorbet \*GFDF

#### PFIRMAN SPECIAL

Chicken Florentine Baked Pasta   
Penne pasta w/ marinara, grilled  
chicken, mushrooms, spinach & feta  
cheese baked and topped w/  
parmesan cheese  
\*Choice of Gluten Free Pasta



#### BREAKFAST

Cream of Wheat

Danish / Muffin

#### Sausage Egg Cheese Muffin

Breakfast sausage, fresh cracked egg and American cheese on an English muffin.

#### Lunch Soup of the Day

**GARBANZO & BEEF CHILI**

#### LUNCH ENTREES

#### Loaded Vegetable Pizza

Fresh pizza dough topped sweet tomato pizza sauce, tons of crunchy vegetables and mozzarella cheese then baked until bubbly. Served with a side of Antipasto salad.

#### Southwest Turkey Wrap

A wholesome wrap filled with Southwestern turkey, fresh tomatoes, crisp lettuce, zesty ranch dressing, and cheddar cheese. Served with a side house-made potato chips.

#### Dessert Special

Lemon Blueberry Tart

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# THE PFIRMAN DININGROOM and HEALTH CENTER DINING

## Quick Bites

### Yogurt Parfait

Fresh Berries, Vanilla Greek Yogurt,  
Agave Drizzle, House Pecan Pie

### Overnight Oats

Gluten Free Oats, Almond Butter,  
Cocoa Nibs, Banana, Maple Syrup

### Protein Boxes

Hard Boiled Egg  
Red Apple Slices  
Aged Cheddar Cubes  
Creamy Peanut Butter

## Breakfast Classics

### Classic

Cage Free Egg, Canadien Bacon,  
Aged Cheddar, English Muffin

### Broccoli Frittata

Whipped & Folded Egg Whites

Roasted Broccoli &  
Cheddar Cheese

### Santa Fe

Cage Free Egg, Roasted Jalapeno,  
Pico de Gallo, Pepper Jack Cheese,  
Smashed Avocado, Bagel

## Main Dishes

### New England Crab Cakes

Fresh crab meat  
blended with herbs, and  
seasoned  
breadcrumbs. Seared until  
toasty and served with crispy  
fries.

### Stuffed Manicotti

Seasoned ricotta cheese stuffed  
into pasta shells and drenched  
in homemade marinara sauce.  
Topped with mozzarella cheese  
and bake until bubbly.

## Sandwiches

### Tuna Melt

Albacore tuna, crisp celery and  
seasonings topped on bread of  
choice, American cheese and  
toasted until golden. Served with a  
pickle spear.

### Southwest Turkey Wrap

Roasted turkey layered  
with lettuce, tomato, avocado  
and cheddar cheese. Wrapped up  
into soft tortilla wrap and served  
with house made chips.

## Desserts

Lemon Meringue  
Cherry Crisp

Root Beer Floats on Fridays  
Homemade Cakes & Pies  
Assorted Hershey Ice Creams

## Salads, Salads, Salads

- Garden Salad
- Spinach Salad
- Wedge Salad

### Chicken Caesar

Gem Lettuce, Focaccia  
Croutons, Shaved Reggiano,  
Baked Croutons House made  
Caesar

### Strawberry Fields Salad

Baby spinach topped with  
sweet strawberries, Toasted  
Almonds, Goat Cheese and  
Balsamic Dressing

### Southwestern

Mixed Greens, Avocado, Shredded  
Cheddar, Grape Tomato, Roasted  
Corn, Crispy Tortilla Strips,  
Chipotle Lime Vinaigrette

## Sides

- Seasonal Vegetables
- Baked Sweet Potatoes
- Brussel Sprouts
- Roasted Squash Medley