MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

# LUNCH MENU

*Where friends and neighbors come together*

**Served from 11:30 am-2:00 pm,**
**Monday-Saturday**
***Last seating taken at 1:15pm***

**Delivery and Carry out**
**orders must be placed by 9:00 am for**
**11:15 am pick up and 11:30 am delivery**

*Proudly Serving Our Residents Since 1986*

# STARTERS

## SOUPS

**Please Ask Your Server for the Soup of the Day and the Soup of the Week**

## SALAD BAR

**A Variety of Fresh Greens, Crisp Vegetables, and Protein Options**

***Entrée Salads Are Considered a Main Course. Once Seated, if You Choose an Entrée Salad, Your Server Will Provide a Dinner Salad Plate to Visit the Salad Bar***

*FROM OUR KITCHEN TO YOUR TABLE*

*Good Food, Great Company.*

**Enjoy a delicious meal, share a conversation, and make yourself at home.**

*Proudly Serving Our Residents Since 1986*

**Special Soup, Entrée & Vegetable of the Week: Ask Your Server for details**

# SANDWICHES

## CHOICE OF ONE SIDE

### Signature Hamburger

With or Without Cheese and/or Bacon (American, Swiss, Provolone), Lettuce, Tomato, Onion, and Pickle Slice on a Toasted Brioche Bun

### Garden Veggie Burger

With or Without Cheese (American, Swiss, Provolone), Lettuce, Tomato, Onion, and Pickle Slice on a Toasted Brioche Bun

### Hot Roast Beef Sandwich

Grilled Onions, Melted Cheddar, and Garlic Aioli on a Toasted Brioche Bun

### Classic Corn Beef Reuben Sandwich

On Grilled Rye Bread with Swiss Cheese, Sauerkraut, and Thousand Island

### Beer Battered Fried Tilapia Sandwich

House Tartar Sauce, Lettuce, and Tomato on a Toasted Brioche Bun

### Sloppy Sue

BBQ Pulled Pork, Chopped Slaw, Smoked Gouda Cheese, and Fried Onions on Grilled Texas Toast

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# ENTREES

## CHOICE OF ONE SIDE

### Chicken Salad Plate with Pecans & Cranberries

A Scoop of Chicken Salad with Pecans and Cranberries, Served on Bibb Lettuce with Cucumber, Boiled Egg, Cherry Tomatoes, and Crackers

### Chinese-Style Salad

Your Choice of Protein: Chicken or Garden Veggie Burger, with Napa Cabbage, Carrots, Red Cabbage, Mandarin Oranges, Green Onions, Cashews, and Crispy Chow Mein Noodles Tossed in Sesame Ginger Dressing

### Fried Chicken Tenders

Dry: Served with Honey Mustard Dipping Sauce
Wet: Tossed in Your Choice of Lemon Pepper, Garlic Parmesan, or BBQ Sauce

### Toasted Flatbread

House Marinara Sauce and Melted Provolone/Mozzarella Blend, With or Without Pepperoni

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# SIDES

Apple Sauce

Chopped Slaw

Cider Braised Red Cabbage

Cottage Cheese with Mandarin Oranges

French Fries

Fresh Fruit Cup

Spinach

Southern Green Beans

Sweet Potato Fries

White Beans & Spinach

# BEVERAGES

Coffee ◦ Hot Tea ◦ Iced Tea (Sweet or Unsweet) ◦ Lemonade ◦ Soda (Coke, Diet Coke or Sprite) ◦ Milk ◦ Juice

# DESSERTS

Cookies – 2 per order

Hershey Ice Cream – 2 scoops

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