

## \*Appetizers\*

### Hot Crab Dip

This wonderful dip contains multiple cheeses, garlic, old bay seasoning, and crab meat. You can't resist this delicious appetizer!

### Sun Dried Tomato Dip

This totally healthy snack is a mixture of sundried tomatoes, parsley, garlic, and sour cream. The inside of your mouth will be having a party when it tastes this dip.

## \*Salads\*

### Orange Waldorf Salad

This delicious salad is covered with mandarin oranges, apples, celery, and chopped walnuts. It is topped in a delicious dressing.

### Apple Ambrosia Salad

The salad is a healthy mixture of apples, bananas, grapes, pineapple, and coconut with a sweet tasting dressing crowning the surface.

## \*Entrees\*

### Mexican Pita Melt

This wonderful Mexican treat is filled with cheese, black beans, and salsa. The pita bread is light and whole wheat, so no need to worry about digging in. There is no doubt you will love this dish!

### Chicken and Shrimp Jambalaya

This is a mixture of rice, chicken broth, chicken, onions, peppers, garlic, tomatoes, shrimp, and parsley. You really need to try this one!

### Baked Buffalo Wings

These delicious wings have been rolled in honey, ketchup, red pepper sauce, and Worcestershire sauce. The dipping sauce includes cottage cheese, blue cheese, white pepper, and garlic. You won't be able to resist it!

## \*Desserts\*

### Orange Pound Cake with Caramel Sauce

This is a sweet treat made of orange, sugar, buttermilk, vanilla, butter, eggs, and egg whites. The orange-caramel sauce is made of water and sugar. You'll go crazy when you try it!

### Key Lime and Kiwi Cheesecake

The cheesecake is made with gelatin, cream cheese, condensed milk, key lime juice, egg whites, and cornstarch. To make the gingersnap crust we use gingersnap cookies, sugar, and egg whites. To make this dish complete it is topped with kiwi fruits, and confections sugar. If your mouth isn't watering now...it will when you see it!

### Brownie Cookies

These cookies are made of sugar, margarine, brown sugar, egg substitute, unsweetened cocoa, and miniature chocolate chips. You can't miss out on an opportunity to try this!

## \*Beverages\*

### Grape Ice Smoothie

A delicious, healthy blend of white grape juice, strawberries, bananas, pineapples, and crushed ice

### Sunshine Smoothie

A mixture of orange sherbet, pineapples, strawberries, and sparkling mineral water.

### \* Water\*

