



## Starters

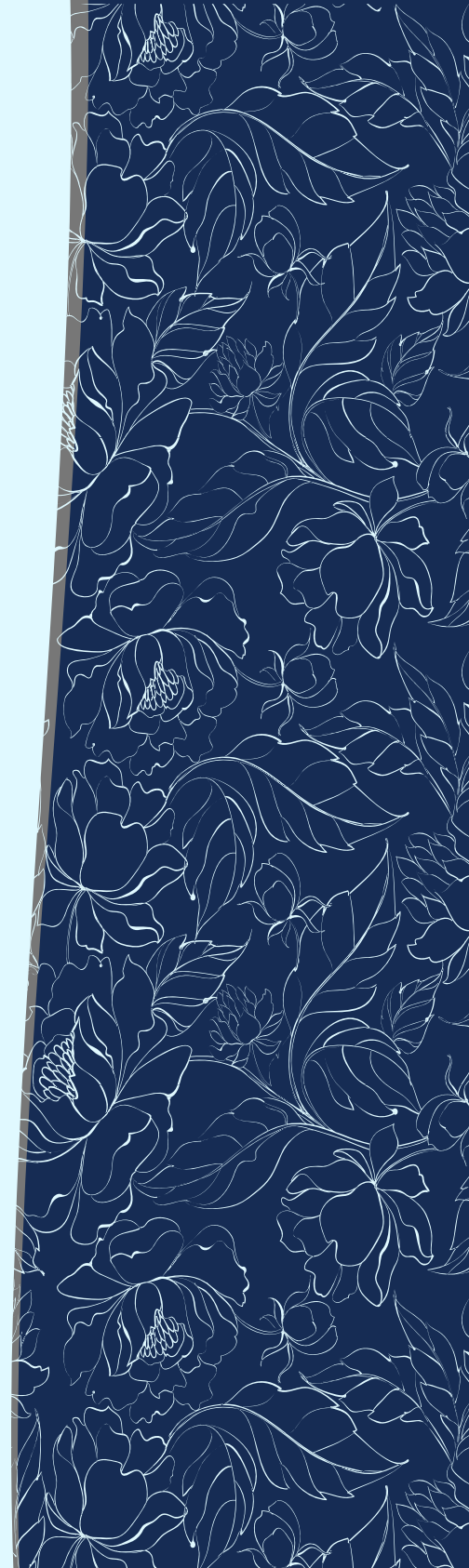
- SHRIMP COCKTAIL** GF ..... 8  
Served with cocktail sauce and lemon
- MUSHROOM SOUP** GF ..... 3  
Sliced sauteed mushrooms with garlic, red onion, & spices in a creamy soup
- VEGETABLE SOUP** GF ..... 2  
Mixed vegetables in a vegetable broth
- WALNUT STRAWBERRY BLUE CHEESE SALAD** GF 3  
Romaine lettuce, fresh sliced strawberries, walnuts & bleu cheese crumbles served with a balsamic Dijon vinaigrette
- HOUSE SALAD** ..... 2  
Mixed greens, fresh vegetables, choice of Italian, ranch, honey mustard & bleu cheese dressing
- FRESH SEASONAL FRUIT** GF ..... 3  
Mixed seasonal fruit

## Entrees & Sides

- OVEN FRIED CHICKEN** ..... 6  
Boneless chicken thigh brined in pickle juice, dredged in flour & seasonings, then baked
- EGGPLANT ROLLATINI** ..... 7  
Eggplant cutlet rolled with ricotta cheese, parmesan cheese, basil, & parsley then topped with marinara sauce
- HERBED LINGUINE** ..... 2  
Linguine pasta tossed in an herbed butter
- HUSHPUPPIES** ..... 2  
Deep fried batter of cornmeal, eggs, onions, & buttermilk
- SAUTEED KALE** GF ..... 2  
Fresh kale sauteed with butter & lemon
- ROASTED ROOT VEGETABLES** GF ..... 2  
Turnips, carrots, parsnips, rutabaga, & red onion roasted

## Lunch & Dinner Menu

Monday Week 4





## Starters

**SHRIMP COCKTAIL** GF..... 8  
Served with cocktail sauce and lemon

**ZUCCHINI BASIL SOUP** GF..... 3  
Sliced zucchini, red potatoes, onions basil in a vegetable yogurt stock

**VEGETABLE SOUP** GF..... 2  
Mixed vegetables in a vegetable broth

**CAULIFLOWER PEA & ONION SALAD** GF..... 3  
Fresh cauliflower, green peas, onions, celery in a coleslaw dressing

**HOUSE SALAD**..... 2  
Mixed greens, fresh vegetables, choice of Italian, ranch, honey mustard & bleu cheese dressing

**FRESH SEASONAL FRUIT** GF..... 3  
Mixed seasonal fruit

## Entrees & Sides

**BEEF BURGUNDY**..... 7  
Diced beef in a mushroom & onion burgundy wine sauce with fresh herbs

**MACARONI & CHEESE**..... 6  
Elbow macaroni in a creamy cheese sauce topped with breadcrumbs

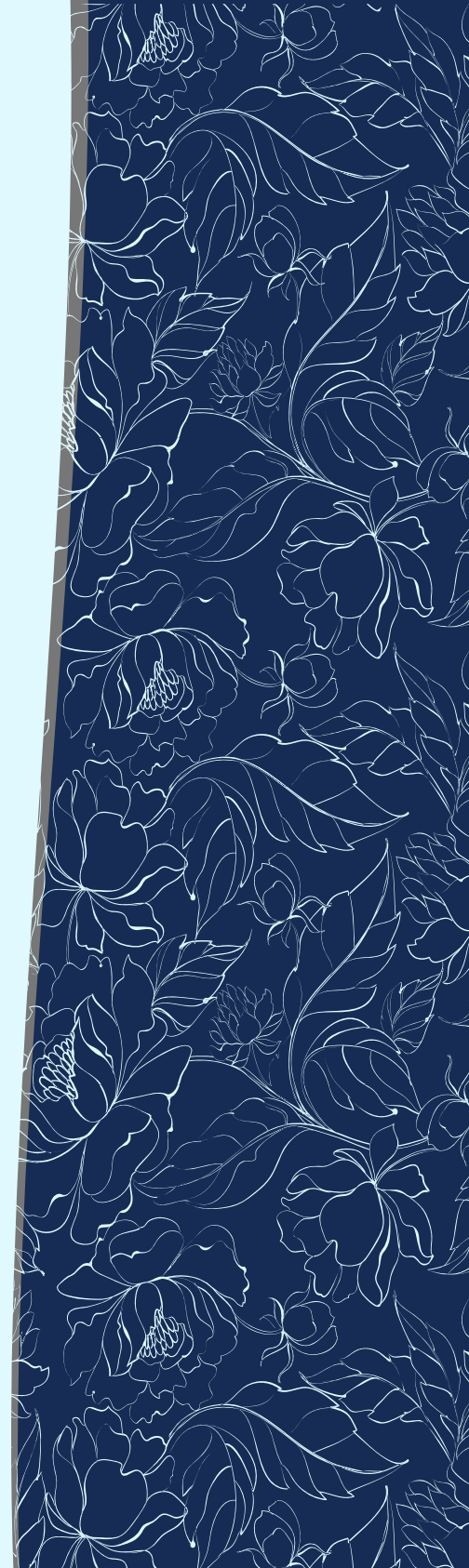
**MASHED POTATOES WITH GARLIC** GF..... 2  
Fresh potatoes mashed with sour cream, fresh garlic, & butter

**PARSNIPS & CARROTS WITH HONEY** GF..... 2  
Fresh carrots & parsnips flavored with olive oil & honey

**HARVARD BEETS** GF..... 2  
Fresh sliced beets in apple cider vinegar & butter with seasonings

## Lunch & Dinner Menu

Tuesday Week 4





# Lunch & Dinner Menu

Wednesday Week 4

## Starters

<b>SHRIMP COCKTAIL</b> GF.....	8
Served with cocktail sauce and lemon	
<b>TOMATO FLORENTINE SOUP</b> GF.....	3
Diced tomatoes, fresh spinach, fresh garlic, & fresh herbs	
<b>VEGETABLE SOUP</b> GF.....	2
Mixed vegetables in a vegetable broth	
<b>POTATO SALAD</b> GF.....	3
Diced potatoes with carrots, onions, & celery in a mayo dressing	
<b>HOUSE SALAD</b> .....	2
Mixed greens, fresh vegetables, choice of Italian, ranch, honey mustard & bleu cheese dressing	
<b>FRESH SEASONAL FRUIT</b> GF.....	3
Mixed seasonal fruit	

## Entrees & Sides

<b>GRILLED PEACH CHICKEN BREAST</b> GF.....	6
Marinated chicken breast grilled then topped with a peach relish	
<b>SALISBURY STEAK</b> .....	7
Ground beef mixed with yellow onions, green peppers, breadcrumbs, then formed into patties topped with an optional mushroom gravy	
<b>RED POTATOES</b> GF.....	2
Red potatoes sauteed in olive oil with onions & paprika	
<b>SEASONED GREEN PEAS</b> GF.....	2
Green peas flavored with butter & paprika	
<b>CREAMED CORN</b> GF.....	2
Sweet corn cooked in a cream sauce with onions	



## Starters

**SHRIMP COCKTAIL** GF..... 8  
Served with cocktail sauce and lemon

**LENTIL CURRY SOUP** GF..... 3  
Lentils, garbanzo beans, carrots, garlic, celery, ginger, tomatoes, with curry & pumpkin

**VEGETABLE SOUP** GF..... 2  
Mixed vegetables in a vegetable broth

**CUCUMBER DILL SALAD** GF..... 2  
Sliced cucumbers in vinegar & oil with dill & yellow onions

**HOUSE SALAD**..... 2  
Mixed greens with assorted fresh vegetables, choice of Italian, ranch, honey mustard & bleu cheese dressing

**FRESH SEASONAL FRUIT** GF..... 3  
Mixed seasonal fruit

## Entrees & Sides

**CHICKEN TENDERS**..... 6  
Chicken breast coated in breadcrumbs then deep fried

**HUNGARIAN GOULASH**..... 7  
Cubed beef, diced tomatoes, onions, & spices with sour cream & Worcestershire sauce

**BUTTERED NOODLES**..... 2  
Egg noodles flavored with butter

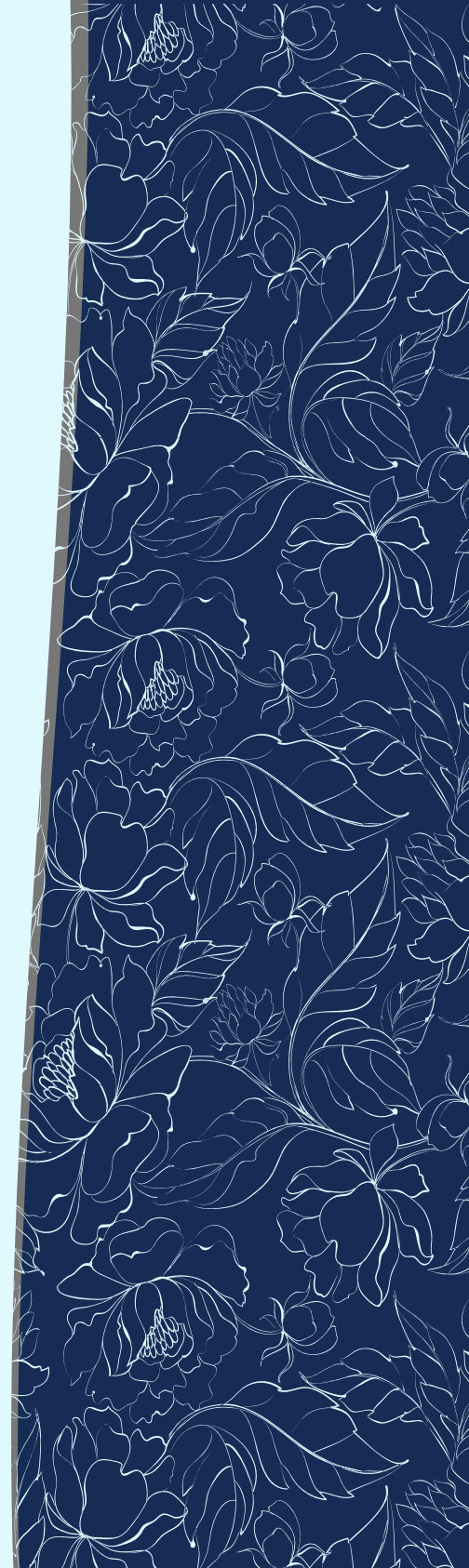
**STEAK FRIES** GF..... 2  
Steak cut potatoes deep fried

**STEAMED YELLOW SQUASH** GF..... 2  
Sliced yellowed squash steamed

**ROASTED VEGETABLES** GF..... 2  
Carrots, zucchini, mushrooms, celery, & onion tossed in Dijon mustard & balsamic vinegar then roasted

## Lunch & Dinner Menu

Thursday Week 4







## Starters

**SHRIMP COCKTAIL** GF..... 8  
Served with cocktail sauce and lemon

**HOMEMADE TORTILLA SOUP** GF..... 3  
Diced chicken, tomatoes, green peppers, onions, garlic, black beans, corn, & seasonings in a soup, garnished with tortilla chips, shredded cheese, green onions, & cilantro

**VEGETABLE SOUP** GF..... 2  
Mixed vegetables in a vegetable broth

**GELATIN PARFAIT** GF..... 3  
Assorted gelatin topped with whipped cream

**HOUSE SALAD**..... 2  
Mixed greens, fresh vegetables, choice of Italian, ranch, honey mustard & bleu cheese dressing

**FRESH SEASONAL FRUIT** GF..... 3  
Mixed seasonal fruit

## Entrees & Sides

**SWEET & SOUR PINEAPPLE PORK**..... 7  
Shrimp coated with breadcrumbs & coconut then deep fried

**TUNA NOODLE CASSEROLE**..... 6  
Creamy tuna, bowtie pasta, & green peas, topped with mozzarella cheese & paprika then baked

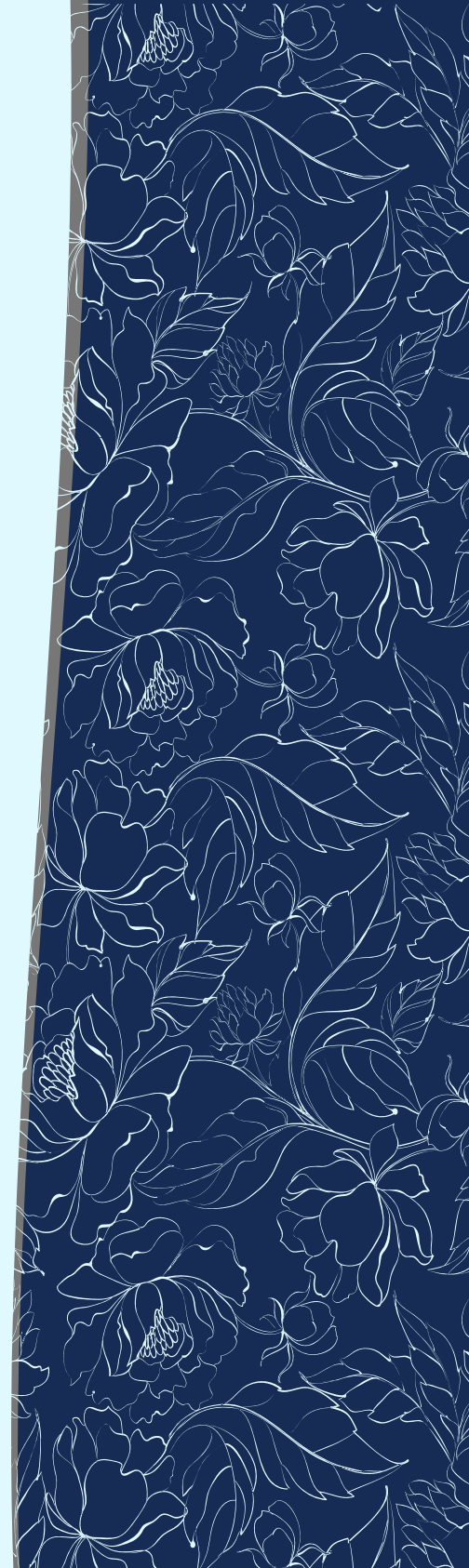
**CHEESY RICE** GF..... 2  
White rice baked with cheddar cheese & sour cream

**ROASTED CAULIFLOWER** GF..... 2  
Fresh cauliflower tossed in olive oil with diced onions & fresh thyme then roasted

**BRUSSELS SPROUTS WITH BACON APPLES** GF... 2  
Fresh brussels sprouts tossed in olive oil then roasted with bacon, figs, & shallots

## Lunch & Dinner Menu

Friday Week 4





## Starters

**SHRIMP COCKTAIL** GF..... 8  
Served with cocktail sauce and lemon

**NAVY BEAN & HAM SOUP** GF..... 3  
Navy beans, carrots, celery, onions, garlic, diced ham with fresh herbs in a chicken stock

**VEGETABLE SOUP** GF..... 2  
Mixed vegetables in a vegetable broth

**COUNTRY TOMATO SALAD** GF..... 3  
Diced tomatoes, onions, green peppers, in white vinegar & oil

**HOUSE SALAD**..... 2  
Mixed greens, fresh vegetables, choice of Italian, ranch, honey mustard & bleu cheese dressing

**FRESH SEASONAL FRUIT** GF..... 3  
Mixed seasonal fruit

## Entrees & Sides

**TURKEY TETRAZZINI**..... 6  
Diced turkey with spaghetti pasta, sauteed vegetables in a creamy sauce topped with mozzarella cheese

**BEEF TERIYAKI STIR FRY**..... 7  
Beef strips in a teriyaki sauce with mushrooms, green peppers, red peppers, broccoli, onions, & tomatoes

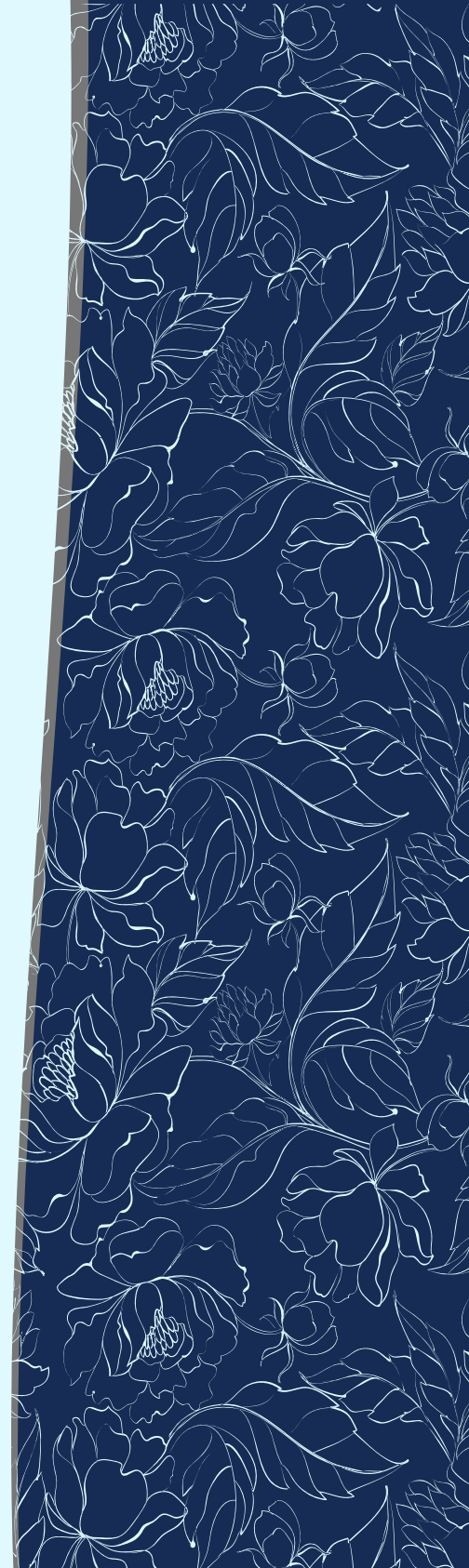
**WHITE RICE** GF..... 2  
Steamed white rice

**VEGETABLE STIR FRY**..... 2  
Broccoli, carrots, & onions in a sauce of ginger, garlic, & soy sauce

**BRAISED RAISINS CARROTS** GF..... 2  
Diced carrots with butter, ginger, lemon juice, & raisins

## Lunch & Dinner Menu

Saturday Week 4





## Starters

**SHRIMP COCKTAIL** GF..... 8  
Served with cocktail sauce and lemon

**BUTTERNUT & APPLE BISQUE SOUP** GF..... 3  
Butternut squash, granny smith apples in a vegetable stock flavored with apple juice, brown sugar, nutmeg, & cinnamon

**VEGETABLE SOUP** GF..... 2  
Mixed vegetables in a vegetable broth

**OATMEAL OVERNIGHT BERRY PARFAIT**..... 3  
Oatmeal with chia seeds layered with Greek vanilla yogurt, strawberries, blueberries, & pecans

**HOUSE SALAD**..... 2  
Mixed greens, fresh vegetables, choice of Italian, ranch, honey mustard & bleu cheese dressing

**FRESH SEASONAL FRUIT** GF..... 3  
Mixed seasonal fruit

## Entrees & Sides

**MUSHROOM GRUYERE OMELET** GF..... 6  
Fresh scrambled eggs in an omelet with mushrooms & gruyere cheese

**ROASTED TURKEY** GF..... 7  
Turkey roasted with fresh herbs & seasonings topped with an optional turkey gravy

**APPLE CRANBERRY STUFFING**..... 2  
Breadcrumbs mixed with red apples, dried cranberries, onions, celery & spices

**ROASTED ROMA TOMATOES** GF..... 2  
Roma tomatoes cut in half roasted with olive oil, balsamic vinegar, & garlic

**COUNTRY STYLE GREEN BEANS** GF..... 2  
Fresh greens beans with garlic, onion, bacon & seasonings

## Lunch & Dinner Menu

Sunday Week 4

