

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



Starters

SHRIMP COCKTAIL GF 8

Served with cocktail sauce and lemon

TOMATO FLORENTINE SOUP GF 3

Diced tomatoes, fresh spinach, fresh garlic, & fresh herbs

VEGETABLE SOUP GF 2

Mixed vegetables in a vegetable broth

POTATO SALAD GF 3

Diced potatoes with carrots, onions, & celery in a mayo 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

GRILLED PEACH CHICKEN BREAST GF 6

Marinated chicken breast grilled then topped with a peach relish

SALISBURY STEAK 7

Ground beef mixed with yellow onions, green peppers, breadcrumbs, then formed into patties topped with an optional mushroom gravy

RED POTATOES GF 2

Red potatoes sauteed in olive oil with onions & paprika

SEASONED GREEN PEAS GF 2

Green peas flavored with butter & paprika

CREAMED CORN GF 2

Sweet corn cooked in a cream sauce with onions

Lunch & Dinner Menu

Wednesday Week 4



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 green beans with garlic, onion, bacon & seasonings

Lunch & Dinner Menu

Sunday Week 4

