SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
02/19/23	02/20/23	02/21/23	02/22/23	02/23/23	02/24/23	02/25/23
Soup du Jour	Soup du Jour	Soup du Jour	Soup du Jour	Soup du Jour	Soup du Jour	Soup du Jour
Tomato Soup	Chicken Orzo Soup	Cream of Broccoli	Split Pea Soup (V)	Minestrone (V)	Beef Barley (G)	Potato & Cheddar
·	<u> </u>			` ′	, , ,	Chowder
Entrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Traditional Baked	Meatball Parmesan	Grilled Chicken	Hot Pastrami GFA	Turkey Club GFA	Kendal Pizza GFA	Ham and Cheese
Ham GF		Panini GFA				Melt GFA
Raisin Sauce	Tomato Sauce and Mozzarella cheese on a Hero	Baby Arugula, Fresh Mozzarella, & Sundried Tomato Pesto on a Ciabatta Roll	Thinly Sliced NY Pastrami, Swiss Cheese, Marble Rye	Lettuce, Tomato, Bacon and May on White Toast	House Made Pizza with choice of Toppings	Cheddar Cheese on Grilled White Bread
Smoked Salmon	Superfood Salad GF	Catch of the Day	Mediterranean	Sweet and Sour	Battered Fish	BBQ Bourbon
Silloked Salliloli	Superiood Salad Gr	Catch of the bay	Quinoa Salad with	Pork	Dattered 1 isii	Chicken GF
			Grilled Chicken GF	I OIK		Cilickell Gi
with Capers, Onions, and	Grilled Chicken,		Greek Olives, Roasted	Pineapples, Peppers,	Lightly battered fish with	Grilled Chicken Breast
Hard Cooked Egg	Blueberries, Avocado, Baby		Peppers, Feta Cheese,	Onions, Sweet and Sour	tartar sauce on the side	Glazed with BBQ Bourbon
	Spinach, Pomegranate		Cucumbers, Chopped	Sauce		Sauce
Stuffed Pasta	Roasted Tomato	Eggplant Rollatini	Mexican Lasagna	General Tso's	Penne Primavera	Mushroom and Leek
	and Butterbean Ragout GF			Cauliflower		Quiche
Pasta Stuffed with Ricotta	Slow Cooked Aromatic	Tomato Sauce, Ricotta and	II '	Battered Cauliflower Fried	Pasta with Fresh	Sauteed mushrooms, leeks,
Cheese, served with Tomato Sauce	Vegetables	Mozzarella Cheese	Salsa, Black Beans, and Corn	Till Golden Brown Tossed in a General Tso Sauce	Vegetables	smoked gouda in a pie shell
Tomato Sauce			Com	in a General 1so Sauce		
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
	Sauteed Zucchini	Green Beans	Medley of Vegetables	Sauteed Baby Bok	Coleslaw	Pacific Blend
Steamed Broccoli				Choy		Vegetables
Roasted Sweet	Potato Chips	Crispy Potato Wedge	Tater Tots	Vegetable Fried	French Fries	Rice Pilaf
Potatoes				Rice		
0		 	0	<u> </u>	 	
December						
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
Desserts Chaire	Desserts New York	Oatmas! Baisin	Desserts	Desserts	Charalete Obie	Desserts
Chefs Choice	New York	Oatmeal Raisin Cookies	Mixed Fruit Cup	Carrot Cake	Chocolate Chip	Sour Cream Cake
Dessert NSA Peach Pie	Cheesecake NSA Brownie	NSA Jell-O	NSA Chocolate	NSA Blondie	Brownie NSA Lemon	NSA Vanilla
NSA Peacii Pie	NSA DIOWIIIE	NSA Jeli-U		NSA Divilule		ll .
	II	1	Pudding	1	Meringue Pie	Pudding

Chowder (G) Special Salad	Delivery Charge \$5	Call x1102 by 3PM	for Dinner Delivery		<u>DINNER</u>		1
Soup du Jour Spinach and Artichoke (V) Special Salad Speci				WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spinach and Artichoke (V) Special Salad Special Salad Special Salad Special Salad Roasted Beet & Goat Cheese Autumn Beef Stew GF Tender Picees of Beef, Carrots, Potatoes, in a Rich Beef Sauce Turkey Meat Loaf White Wine, and Butter White Wine, and Butter Mushroom and Quinoa Chili GF Lenting Mushroom and Peppers White Gramelized Onion and Bre Flatforead Lentils, Tomatoes, Wainus and Peppers Maccompaniments Sauteed Zucchini and Tomatoes Steamed Carrots Red and Golden Beets Special Salad Classic Wedge Baby Arugula Catsoc Wedge Special Salad Classic Wedge Spit Arugula Catsoc Wedge Special Salad Special Salad Special Salad Special Salad Classic Wedge Spit Arugula Classic Wedge Spit Arugula Afreses Entrees Entrees Entrees Spit Arugula Afresh Saload Special Salad Special Salad Classic Wedge Spit Arugula Classic Wedge Spit Arugula Afresh Saload Special Salad Spec	02/19/23	02/20/23	02/21/23	02/22/23	02/23/23	02/24/23	02/25/23
Chowder (G) Special Salad		Soup du Jour	Soup du Jour	Soup du Jour	Soup du Jour	Soup du Jour	Soup du Jour
Special Salad Roasted Beet & Goat Cheese Asian Salad Fall Quinoa Salad Baby Kale Salad Baby Kale Salad Classic Wedge Baby Arugula Baby Kale Salad Classic Wedge Baby Arugula Classic Wedge Classic Wedge Baby Arugula Classic Wedge Baby Arugula Classic Wedge Cla		Spinach and Artichoke	Chicken and Corn	Carrot Ginger V	White Bean, Sausage,	Rhode Island Clam	Vegetable Soup (V)
Roasted Beet & Goat Cheese Entrees Ent		(V)	Chowder (G)		and Kale	Chowder (G)	
Asian Salad Fall Quinoa Salad Entrees Fintrees Fintrees Features Filet of Sole Meuniere Spinach and Mushrooms Filet playthy floured and sauted Quinoa Chili GF Filet on and Peppers Mushroom and Quinoa Chili GF Fish charch Grind Peppers Mushroom and Quinoa Chili GF Fish charch Grind Peppers Mushroom and Quinoa Chili GF Fish charch Grind Peppers Massage Beans, Aromatic Herbs and Spices, in a Rich Brown Gravy Mushroom and Quinoa Chili GF Fish charch Grind With Olives, Feta Cheese, Spinach and Mushrooms Mushroom and Quinoa Chili GF Fish charch Grind With Olives, Feta Cheese, Spinach and Mushrooms Mushroom and Quinoa Chili GF Fish charch Grind With Olives, Feta Cheese, Spinach and Mushrooms Mushroom and Quinoa Chili GF Fish charch Grind With Olives, Feta Cheese, Spinach and Mushrooms Mushroom and Quinoa Chili GF Fish charch Grind With Olives, Feta Cheese, Spinach and Mushrooms Mushroom and Quinoa Chili GF Fish charch Grind With Olives, Feta Cheese, Spinach and Mushrooms Mushroom and Quinoa Chili GF Fish charch Grind With Olives, Feta Cheese, Spinach and Mushrooms Mushroom and Quinoa Chili GF Fish charch Grind With Olives, Feta Cheese, Spinach and Mushrooms Mushroom and Quinoa Chili GF Fish charch Grind With Olives, Feta Cheese, Spinach and Mushrooms Mushroom and Quinoa Chili GF Fish charch Grind With Olives, Feta Cheese, Spinach and With Olives, Acked Grind Egyplant Tower GF Fish Chicken Taigine GF Braised Pork Shank with Tomatoes, Onions, Carrots, and Celery Mushroom Grind With Olives, Acked GF Fish Grind Egyplant Tower GF Mushroom Grind Brain Chickee Cake GF Fish Grind Egyplant Tower GF Mushroom Grind Egyplant To		Special Salad	Special Salad	Special Salad	Special Salad	Special Salad	Special Salad
Autumn Beef Stew GF Tender Places of Beef, Carrots, Potatoes, in a Rich Beef Sauce Tuscan Shrimp GF Shrimp, Garlic, Tomaces White Wine, and Butter Mushroom and Quinoa Chili GF Lentils, Tomatoes, Walnuts, and Peppers Accompaniments Sauteed Zucchini and Tomatoes Steamed Carrots Roasted Pork GF Lamb Cassoulet GF Ziti & Meatballs Slow Cooked Lamb, Sausage, Beans, Aromatic Herbs and Spices, in a Rich Brown Gravy With Olives, Feta Cheese, Spinach and Mushrooms Silve Fry Slow Cooked Lamb, Sausage, Beans, Aromatic Herbs and Spices, in a Rich Braisad with House made meatballs. Tomato sauce Mediterranean Chicken Tagine GF Boneless Chicken Thighs Braised with Onions, Garlic, olives, and Moroccan spices Braised Pork Shank with Straised with Onions, Garlic, olives, and Moroccan spices White Wine, and Butter Mushroom and Quinoa Chili GF Lentils, Tomatoes, Walnuts, and Peppers Accompaniments Sauteed Zucchini and Tomatoes Steamed Carrots Red and Golden Beets Roasted Root Vegetables Lamb Cassoulet GF Ziti & Meatballs Fresh Catch Sitir Fry Pasta with House made meatballs. Tomato sauce Mematballs. Tomato sauce Mediterranean Chicken Tagine GF Beneless Chicken Thighs Braised with Onions, Garlic, olives, and Moroccan spices Braised Pork Shank with GF GF Braised Pork Shank GF GF Braised Pork Shank with Gribades, Onions, Carrots Aftendary GF Braised Pork Shank with GF GF Brais			Asian Salad	Fall Quinoa Salad	Baby Kale Salad	Classic Wedge	Baby Arugula
Tuscan Shrimp GF Shrimp, Garlic, Tomaoes White Wine, and Butter Mushroom and Quinoa Chili GF Lentils, Tomatoes, Walnuts, and Peppers I continuous and Peppers A fresh Seafood offering Sliw Cooked Lamb, Sausage, Beans, Aromatic Herbs and Spices, in a Rich Brown Gravy Filet of Sole Meuniere With Olives, Feta Cheese, Spinach and Mushrooms Spinach and Mushrooms Mushroom and Quinoa Chili GF Lentils, Tomatoes, Walnuts, and Peppers A fresh Seafood offering Stir Fry Stir Fry Stir Fry Mediterranean Chicken Tagine GF Boneless Chicken Thighs Braised With Onion, Gardic, olives, and Moroccan spices White Wine, and Butter Mushroom and Peppers I with Olives, Feta Cheese, Spinach and Mushrooms Spinach and Mushrooms Mushroom and Peppers I continuous Pear, Caramelized Onion and Brie Flatbread Centils, Tomatoes, Walnuts, and Peppers I continuous Pear, Caramelized Onion and Brie Flatbread Pear, Conions and brie finished with extra virgin olive oil and balsamic reduction Accompaniments Sauteed Zucchini and Tomatoes Steamed Carrots Red and Golden Beets Roasted Root Vegetables Steamed Carrots Silow Cooked Lamb, Bausade Anomatic meatablis. Tomatos sauce Mediterranean Chicken Tagine GF Braise Orok Shank with Braised Pork Shank with Saries Orokson Bucc0 Baked Cornish He GF Natural Rosemary Ju Natural R		Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Carrots, Potatoes, in a Rich Beef Sauce Sausage, Beans, Aromatic Herbs and Spices, in a Rich Brown Gravy		II I		Lamb Cassoulet GF	Ziti & Meatballs		Beef and Broccoli Stir Fry
Shrimp, Garlic, Tomaoes White Wine, and Butter Mushroom and Quinoa Chili GF Lentils, Tomatoes, and Peppers Lentils, Tomatoes, Walnuts Accompaniments Sauteed Zucchinia and Tomatoes Steamed Carrots Stir Fry Lightly floured and sauteed Chicken Tagine GF Boneless Chicken Thighs Braised Pork Shank with Tomatoes. Chicken Thighs Braised Pork Shank with Tomatoes. Shaveit Boneless Chicken Thighs Braised Pork Shank with Tomatoes. Shaveit Boneless Chicken Thighs Braised Pork Shank with Tomatoes. Shaveit Braised with Notions, Garlic, olives, and Moroccan spices With Olions, Carrots Wendle olives, and Moroccan spices Wendle olives, and Moroccan spices		Carrots, Potatoes, in a Rich		Sausage, Beans, Aromatic Herbs and Spices, in a Rich	meatballs. Tomato sauce	A fresh Seafood offering	Stir Fried Beef and Broccoli with an Asian Sauce
Shrimp, Garlic, Tomaoes White Wine, and Butter White Wine, and Moroccan spices White Wine, and Moroccan spice White Wine, and Moroccan spices White Wine, and Moroccan spice White Wine, and Celery White Wine, and Celery White Wine, and Celery White Wine, and Celery Wine All Towards White Wine, and Celery With Weigha		Tuscan Shrimp GF	Turkey Meat Loaf			Pork Osso Bucc0	Baked Cornish Hens GF
Chickpea Cake GF				Lightly floured and sauteed	Boneless Chicken Thighs Braised with Onions, Garlic, olives, and Moroccan	Tomatoes, Onions, Carrots,	Natural Rosemary Jus
Lentils, Tomatoes, Walnuts, and Peppers Pear. Onions and brie finished with extra virgin olive oil and balsamic reduction Pear. Onions and brie finished with extra virgin olive oil and balsamic reduction Pear. Onions and brie finished with extra virgin olive oil and balsamic reduction Pear. Onions and brie finished with extra virgin olive oil and balsamic reduction Pear. Onions and brie finished with vegetables, Pineapple, and Sweet Stir Fry Sauce Pineapple, and Sweet Stir Muenster Cheese and Tomatoes Parfalle, Sundried Tomatoes Parfalle, S			Onion and Brie		Eggplant Tower GF		Kendal Pasta
Sauteed Zucchini and Tomatoes Steamed Carrots Steamed Carrots Steamed Carrots Steamed Carrots Red and Golden Beets Vegetables Steamed Carrots Swiss Chard Bok Choy Roasted Root French Beans Squash			Pear. Onions and brie finished with extra virgin olive oil and balsamic	Pineapple, and Sweet Stir	Muenster Cheese and	with a Mint Yogurt Sauce	
Sauteed Zucchini and Tomatoes Steamed Carrots Steamed Carrots Steamed Carrots Steamed Carrots Red and Golden Beets Vegetables Steamed Carrots Swiss Chard Bok Choy Roasted Root French Beans Squash		<u> </u>	reduction				Pine Nuts
Vegetables BrusselsSprouts Squash		Accompaniments		Accompaniments	Accompaniments	Accompaniments	
		Sauteed Zucchini	Accompaniments				Accompaniments
Mash Kite Filal 2III Fallo Kisotto Kite		Sauteed Zucchini and Tomatoes Steamed Carrots	Accompaniments Sauteed Spinach Red and Golden Beets	Steamed Corn Roasted Root Vegetables	Carrots Roasted	Swiss Chard	Accompaniments Bok Choy Roasted Acorn
Desserts Desserts Desserts Desserts Desserts Desserts		Sauteed Zucchini and Tomatoes Steamed Carrots	Accompaniments Sauteed Spinach Red and Golden Beets Potato and Cauliflower	Steamed Corn Roasted Root Vegetables	Carrots Roasted	Swiss Chard	Accompaniments Bok Choy Roasted Acorn
Chocolate Peanut Fresh Fruit Coconut Custard Pie Key Lime Pie Pumpkin Cannoli Cake Butter Cake Cheesecake		Sauteed Zucchini and Tomatoes Steamed Carrots Linguine	Accompaniments Sauteed Spinach Red and Golden Beets Potato and Cauliflower Mash	Steamed Corn Roasted Root Vegetables Rice Pilaf	Carrots Roasted BrusselsSprouts Ziti	Swiss Chard French Beans Farro Risotto	Accompaniments Bok Choy Roasted Acorn Squash Rice
NSA Cherry Cake NSA Apple Pie NSA Blueberry Cake NSA Lemon NSA Cherry Pie NSA Chocolate Cake		Sauteed Zucchini and Tomatoes Steamed Carrots Linguine Desserts Chocolate Peanut	Accompaniments Sauteed Spinach Red and Golden Beets Potato and Cauliflower Mash Desserts	Steamed Corn Roasted Root Vegetables Rice Pilaf Desserts	Carrots Roasted BrusselsSprouts Ziti Desserts Key Lime Pie	Swiss Chard French Beans Farro Risotto Desserts Pumpkin	Accompaniments Bok Choy Roasted Acorn Squash Rice Desserts Cannoli Cake