

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01/15/23	01/16/23	01/17/23	01/18/23	01/19/23	01/20/23	01/21/23
Soup du Jour Butternut Squash Bisque (V)	Soup du Jour Chicken Orzo Soup	Soup du Jour Cream of Broccoli	Soup du Jour Split Pea Soup (V)	Soup du Jour Minestrone (V)	Soup du Jour Beef Barley (G)	Soup du Jour Beer, Potato & Cheddar Chowder
Entrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Traditional Baked Ham GF Raisin Sauce	Hot Pastrami GFA Thinly Sliced NY Pastrami, Swiss Cheese, Marble Rye	Grilled Chicken Panini GFA Baby Arugula, Fresh Mozzarella, & Sundried Tomato Pesto on a Ciabatta Roll	Meatball Parmesan Tomato Sauce and Mozzarella cheese on a Hero	Turkey Club GFA Lettuce, Tomato, Bacon and May on White Toast	Kendal Pizza GFA House Made Pizzza with choice of Toppings	Ham and Cheese Melt GFA Cheddar Cheese on Grilled White Bread
Assorted Omelets	Superfood Salad GF Grilled Chicken, Blueberries, Avocado, Baby Spinach, Pomegranate Vinaigrette	Catch of the Day	Mediterranean Quinoa Salad with Grilled Chicken GF Greek Olives, Roasted Peppers, Feta Cheese, Cucumbers, Chopped Pears, Lemon Herb	Sweet and Sour Pork Pineapples, Peppers, Onions, Sweet and Sour Sauce	Battered Fish Lightly battered fish with tartar sauce on the side	BBQ Bourbon Chicken GF Grilled Chicken Breast Glazed with BBQ Bourbon Sauce
Stuffed Pasta Pasta Stuffed with Ricotta Cheese, served with Tomato Sauce	Roasted Tomato and Butterbean Ragout GF Slow Cooked Aromatic Vegetables	Eggplant Rollatini Tomato Sauce, Ricotta and Mozzarella Cheese	Mexican Lasagna Spinach Tortilla Layered with Salsa, Black Beans, and Corn	General Tso's Cauliflower Battered Cauliflower Fried Till Golden Brown Tossed in a General Tso Sauce	Penne Primavera Pasta with Fresh Vegetables	Mushroom and Leek Quiche Sauteed mushrooms, leeks, smoked gouda in a pie shell
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Steamed Broccoli	Sauteed Zucchini	Green Beans	Medley of Vegetables	Sauteed Baby Bok Choy	Coleslaw	Pacific Blend Vegetables
Roasted Sweet Potatoes	Potato Chips	Crispy Potato Wedge	Tater Tots	Vegetable Fried Rice	French Fries	Rice Pilaf
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Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
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Chefs Choice Dessert	New York Cheesecake	Oatmeal Raisin Cookies	Mixed Fruit Cup	Carrot Cake	Chocolate Chip Brownie	Sour Cream Cake
NSA Peach Pie	NSA Brownie	NSA Jell-O	NSA Chocolate Pudding	NSA Blondie	NSA Lemon Meringue Pie	NSA Vanilla Pudding

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	Soup du Jour Spinach and Artichoke (V)	Soup du Jour Chicken and Corn Chowder (G)	Soup du Jour Tomato Parmesan	Soup du Jour White Bean, Sausage, and Kale	Soup du Jour Rhode Island Clam Chowder (G)	Soup du Jour Vegetable Soup (V)
	Special Salad Roasted Beet & Goat Cheese	Special Salad Asian Salad	Special Salad Fall Quinoa Salad	Special Salad Baby Kale Salad	Special Salad Classic Wedge	Special Salad Baby Arugula
	Entrees Autumn Beef Stew GF Tender Pieces of Beef, Carrots, Potatoes, in a Rich Beef Sauce	Entrees Roasted Pork GF With a Caramelized Apple and Onion Compote	Entrees Lamb Cassoulet GF Slow Cooked Lamb, Sausage, Beans, Aromatic Herbs and Spices, in a Rich Brown Gravy	Entrees Ziti & Meatballs Pasta with House made meatballs. Tomato sauce	Entrees Fresh Catch A fresh Seafood offering	Entrees Beef and Broccoli Stir Fried Beef and Broccoli with an Asian Sauce
	Tuscan Shrimp GF Shrimp, Garlic, Tomatoes, White Wine, and Butter	Turkey Meat Loaf with Olives, Feta Cheese, Spinach and Mushrooms	Filet of Sole Meuniere Lightly floured and sauteed	Mediterranean Chicken Tagine GF Boneless Chicken Thighs Braised with Onions, Garlic, olives, and Moroccan spices	Pork Osso Bucco Braised Pork Shank with Tomatoes, Onions, Carrots, and Celery	Baked Cornish Hens GF Natural Rosemary Jus
	Mushroom and Quinoa Chili GF Lentils, Tomatoes, Walnuts, and Peppers	Pear, Caramelized Onion and Brie Flatbread Pear, Onions and brie finished with extra virgin olive oil and balsamic reduction	Sweet & Sour Tofu Stir Fry Tofu with Vegetables, Pineapple, and Sweet Stir Fry Sauce	Eggplant Tower GF Grilled Eggplant, Provolone, Muenster Cheese and Tomato	Mediterranean Chickpea Cake GF with a Mint Yogurt Sauce	Kendal Pasta Farfalle, Sundried Tomatoes, Shaved Parmesan Cheese and Pine Nuts
	Accompaniments Sauteed Zucchini and Tomatoes	Accompaniments Sauteed Spinach	Accompaniments Steamed Cauliflower	Accompaniments Carrots	Accompaniments Swiss Chard	Accompaniments Bok Choy
	Steamed Carrots	Red and Golden Beets	Roasted Root Vegetables	Roasted Brussels Sprouts	French Beans	Roasted Acorn Squash
	Linguine	Potato and Cauliflower Mash	Rice Pilaf	Ziti	Farro Risotto	Rice
	Desserts Chocolate Peanut Butter Cake	Desserts Fresh Fruit	Desserts Coconut Custard Pie	Desserts Key Lime Pie	Desserts Pumpkin Cheesecake	Desserts Cannoli Cake
	NSA Cherry Cake	NSA Apple Pie	NSA Blueberry Cake	NSA Cheesecake	NSA Cinnamon Swirl Cake	NSA Chocolate Cake