

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01/08/23	01/09/23	01/10/23	01/11/23	01/12/23	01/13/23	01/14/23
<b>Soup du Jour</b> Cream of Asparagus (V)	<b>Soup du Jour</b> Vegetable Gumbo (V) (G)	<b>Soup du Jour</b> Corn Chowder (G)	<b>Soup du Jour</b> Cream of Mushroom	<b>Soup du Jour</b> Chicken Tortilla Soup	<b>Soup du Jour</b> Tomato Soup	<b>Soup du Jour</b> Vegetable (V)
<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>
<b>Chicken Picatta</b>	<b>Chicken Salad Croissant GFA</b>	<b>Crispy Fish Sandwich</b>	<b>Club Sandwich GFA</b>	<b>Greek Salad Pita Pockets with Grilled Chicken GFA</b>	<b>Kendal Pizza GFA</b>	<b>Tuna Melt GFA</b>
Chicken Breast with a Lemon Caper Sauce	Served with Boston Lettuce on a Toasted croissant	Breaded fish on a toasted bun with tartar sauce, lettuce and tomato	Ham, turkey, lettuce, tomato, cheddar cheese, bacon and mayo	Tomatoes, cucumbers, olives. Feta cheese, Greek dressing, grilled chicken	Assorted Pizzas, Made to Order	Toasted English muffin topped with tuna salad and Swiss cheese
<b>Smoked Salmon</b>	<b>Creamy Pesto Shrimp</b>	<b>BBQ Chicken GF</b>	<b>Asian Meatballs</b>	<b>Chili Dogs</b>	<b>Arther Ave Baked Ziti</b>	<b>Pork Stir fry</b>
Served with Capers, Hard Cooked Egg, and Onion	Shrimp and Pasta Tossed in a Sauce with Basil, Garlic, Pine Nuts, and Olive Oil	Chicken thighs coated with BBQ sauce	Tossed in a teriyaki glaze	All Beef Hot Dogs with Chili	Italian sausage, tomato sauce, ricotta cheese, mozzarella send parmesan cheese	Baby Bok choy, onions, peppers, carrots, water chestnuts
<b>Cheese Blintzes</b>	<b>Vegetable Samosa</b>	<b>Macaroni and Cheese</b>	<b>Curry Vegetable Stew GF</b>	<b>Beyond Sausage and Peppers GF</b>	<b>Roasted Corn and Black Bean Quesadilla</b>	<b>Battered Cauliflower</b>
with a Berry Compote	Curried potatoes and peas wrapped in pastry	Pasta with a rich Cheese Sauce	Vegetables and peas cooked in a coconut curry sauce	Beyond sausage, onions and peppers in a tomato sauce	With cheddar and jack cheese in an 8' tortilla	Tossed in a Bourbon Sauce
<b>Accompaniments</b>	<b>Accompaniments</b>	<b>Accompaniments</b>	<b>Accompaniments</b>	<b>Accompaniments</b>	<b>Accompaniments</b>	<b>Accompaniments</b>
<b>Bacon &amp; Sausage Patties</b>	<b>Sauteed Zucchini</b>	<b>Green Beans</b>	<b>Steamed Broccoli</b>	<b>Roasted Cauliflower</b>	<b>Roasted Vegetables</b>	<b>Pacific Blend Vegetables</b>
<b>Steamed Broccoli and Carrots</b>	<b>Potato Chips</b>	<b>Onion Rings</b>	<b>White Rice</b>	<b>Herb Potatoes</b>	<b>Tomato Focaccia Bread</b>	<b>Rice Pilaf</b>
<b>Roasted Potatoes</b>						
<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>
<b>Chefs Choice Dessert</b>	<b>Chocolate Cake</b>	<b>NY Cheesecake</b>	<b>Cookies</b>	<b>Pumpkin Pie</b>	<b>Chocolate Chip Brownie</b>	<b>Tiramisu</b>
<b>NSA Peach Pie</b>	<b>NSA Chocolate Cream pie</b>	<b>NSA Jell-O</b>	<b>NSA Chocolate Pudding</b>	<b>NSA Brownie</b>	<b>NSA Lemon Meringue Pie</b>	<b>NSA Vanilla Pudding</b>

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>01/08/23</b>	<b>01/09/23</b>	<b>01/10/23</b>	<b>01/11/23</b>	<b>01/12/23</b>	<b>01/13/23</b>	<b>01/14/23</b>
<b>Soup du Jour</b> Butternut Squash	<b>Soup du Jour</b> Lentil (V)	<b>Soup du Jour</b> Broccoli and Cheddar (V)	<b>Soup du Jour</b> Black Bean Soup (V)	<b>Soup du Jour</b> Chicken Vegetable	<b>Soup du Jour</b> French Onion Soup	<b>Soup du Jour</b> French Onion Soup
<b>Special Salad</b> Roasted Beet & Goat Cheese	<b>Special Salad</b> Asian Salad	<b>Special Salad</b> Fall Quinoa Salad	<b>Special Salad</b> Baby Kale Salad	<b>Special Salad</b> Classic Wedge	<b>Special Salad</b> Baby Arugula	<b>Special Salad</b> Baby Arugula
<b>Entrees</b> <b>Cypress Chicken GF</b> Boneless chicken breast sauteed then topped with a tomato sauce and topped with mozzarella cheese	<b>Entrees</b> <b>Shrimp Scampi GF</b> Shrimp with Garlic, White Wine, and Butter	<b>Entrees</b> <b>Roasted Turkey GF</b> Slow roasted and served with a pan gravy	<b>Entrees</b> <b>Cider Braised Pork Shoulder GF</b> Slow cooked pork, aromatic vegetables and a brown sauce	<b>Entrees</b> <b>Fresh Catch</b> A Fresh Seafood Offering	<b>Entrees</b> <b>Corned Beef GF</b> Slowly Braised Corned Beef Served with Green Cabbage	<b>Entrees</b> <b>Corned Beef GF</b> Slowly Braised Corned Beef Served with Green Cabbage
<b>Asian Glazed Pork Loin</b> Roasted pork loin with a teriyaki glaze	<b>Pot Roast GF</b> Slow Braised beef with aromatic vegetables and a brown sauce	<b>Coriander Roasted Tilapia GF</b> Cilantro and garlic seasoned fish with a Thai Fumet	<b>Broccoli Stuffed Chicken</b> Breaded chicken stuffed with broccoli and cheese	<b>Beef Stroganoff</b> Tender Beef Stew with Sour Cream, served with Egg Noodles	<b>Seared Chicken Breast GF</b> Herb marinated and seared then topped with a sundried tomato mushroom demi glace	<b>Seared Chicken Breast GF</b> Herb marinated and seared then topped with a sundried tomato mushroom demi glace
<b>Roasted Vegetable and Goat Cheese Tart</b> Fall Harvest Vegetables and Goat Cheese in a Puff Pastry Crust	<b>7 Vegetable and Chickpea Tagine GF</b> Vegetables, Beans, Rice, and Southern Spices	<b>Butternut Squash Lasagna</b> Roasted butternut squash, ricotta cheese, and spinach layered on pasta sheets	<b>Paneer Tikka Masala (GF)</b> Paneer cheese marinated and cooked in a tomato gravy with Indian spices	<b>Mediterranean Couscous</b> Saffron, dried apricots, and toasted almonds	<b>Blue Cheese and Roasted Grape Flatbread</b> Blue cheese, roasted grapes, red onions, extra virgin olive oil and pomegranate molasses	<b>Blue Cheese and Roasted Grape Flatbread</b> Blue cheese, roasted grapes, red onions, extra virgin olive oil and pomegranate molasses
<b>Accompaniments</b> <b>Asparagus</b> <b>Sauteed Mushrooms</b> <b>Jasmine Rice</b>	<b>Accompaniments</b> <b>Sauteed Spinach</b> <b>Roasted Cauliflower</b> <b>Risotto</b>	<b>Accompaniments</b> <b>Green Bean Casserole</b> <b>Roasted Root Vegetables</b> <b>Mashed Potatoes</b>	<b>Accompaniments</b> <b>Roasted Onions</b> <b>Brussels Sprouts</b> <b>Basmati Rice</b>	<b>Accompaniments</b> <b>Red and Golden Beets</b> <b>Green Beans</b> <b>Roasted Sweet Potatoes</b>	<b>Accompaniments</b> <b>Carrots</b> <b>Cabbage</b> <b>Boiled Potatoes</b>	<b>Accompaniments</b> <b>Carrots</b> <b>Cabbage</b> <b>Boiled Potatoes</b>
<b>Desserts</b> <b>Toasted Almond Cake</b> <b>NSA Lemon Cake</b>	<b>Desserts</b> <b>Fresh Fruit</b> <b>NSA Apple Pie</b>	<b>Desserts</b> <b>Chocolate Cake</b> <b>NSA Cherry Cake</b>	<b>Desserts</b> <b>Tiramisu</b> <b>NSA Chocolate Cake</b>	<b>Desserts</b> <b>Crème Brulee</b> <b>NSA Chocolate Cream Pie</b>	<b>Desserts</b> <b>Tuxedo Cake</b> <b>NSA Cheesecake</b>	<b>Desserts</b> <b>Tuxedo Cake</b> <b>NSA Cheesecake</b>