

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>03/26/23</b>	<b>03/27/23</b>	<b>03/28/23</b>	<b>03/29/23</b>	<b>03/30/23</b>	<b>03/31/23</b>	<b>04/01/23</b>
<b>Soup du Jour</b> Tomato Soup	<b>Soup du Jour</b> Chicken Orzo Soup	<b>Soup du Jour</b> Cream of Broccoli	<b>Soup du Jour</b> Split Pea Soup (V)	<b>Soup du Jour</b> Minestrone (V)	<b>Soup du Jour</b> Beef Barley (G)	<b>Soup du Jour</b> Potato & Cheddar Chowder
<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>
<b>Traditional Baked Ham GF</b> Raisin Sauce	<b>Meatball Parmesan</b> Tomato Sauce and Mozzarella cheese on a Hero	<b>Grilled Chicken Panini GFA</b> Baby Arugula, Fresh Mozzarella, & Sundried Tomato Pesto on a Ciabatta Roll	<b>Hot Pastrami GFA</b> Thinly Sliced NY Pastrami, Swiss Cheese, Marble Rye	<b>Turkey Club GFA</b> Lettuce, Tomato, Bacon and May on White Toast	<b>Kendal Pizza GFA</b> House Made Pizzza with choice of Toppings	<b>Ham and Cheese Melt GFA</b> Cheddar Cheese on Grilled White Bread
<b>Assorted Omelets</b>	<b>Superfood Salad GF</b> Grilled Chicken, Blueberries, Avocado, Baby Spinach, Pomegranate Vinaigrette	<b>Catch of the Day</b>	<b>Mediterranean Quinoa Salad with Grilled Chicken GF</b> Greek Olives, Roasted Peppers, Feta Cheese, Cucumbers, Chopped Romano, Lemon Herb	<b>Sweet and Sour Pork</b> Pineapples, Peppers, Onions, Sweet and Sour Sauce	<b>Battered Fish</b> Lightly battered fish with tartar sauce on the side	<b>BBQ Bourbon Chicken GF</b> Grilled Chicken Breast Glazed with BBQ Bourbon Sauce
<b>Stuffed Pasta</b> Pasta Stuffed with Ricotta Cheese, served with Tomato Sauce	<b>Roasted Tomato and Butterbean Ragout GF</b> Slow Cooked Aromatic Vegetables	<b>Eggplant Rollatini</b> Tomato Sauce, Ricotta and Mozzarella Cheese	<b>Mexican Lasagna</b> Spinach Tortilla Layered with Salsa, Black Beans, and Corn	<b>General Tso's Cauliflower</b> Battered Cauliflower Fried Till Golden Brown Tossed in a General Tso Sauce	<b>Penne Primavera</b> Pasta with Fresh Vegetables	<b>Mushroom and Leek Quiche</b> Sauteed mushrooms, leeks, smoked gouda in a pie shell
<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>Medley of Vegetables</b>	<b>Sauteed Baby Bok Choy</b>	<b>Coleslaw</b>	<b>Pacific Blend Vegetables</b>
<b>Steamed Broccoli</b>	<b>Potato Chips</b>	<b>Crispy Potato Wedge</b>	<b>Tater Tots</b>	<b>Vegetable Fried Rice</b>	<b>French Fries</b>	<b>Rice Pilaf</b>
<b>Roasted Sweet Potatoes</b>			0			
<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>
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<b>Chefs Choice Dessert</b>	<b>New York Cheesecake</b>	<b>Oatmeal Raisin Cookies</b>	<b>Mixed Fruit Cup</b>	<b>Carrot Cake</b>	<b>Chocolate Chip Brownie</b>	<b>Sour Cream Cake</b>
<b>NSA Peach Pie</b>	<b>NSA Brownie</b>	<b>NSA Jell-O</b>	<b>NSA Chocolate Pudding</b>	<b>NSA Blondie</b>	<b>NSA Lemon Meringue Pie</b>	<b>NSA Vanilla Pudding</b>

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