

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11/05/23	11/06/23	11/07/23	11/08/23	11/09/23	11/10/23	11/11/23
Soup du Jour Manhattan Clam Chowder	Soup du Jour Beef Barley	Soup du Jour Tomato and Leek (V)	Soup du Jour Hearty Vegetable Soup (V)	Soup du Jour Confetti Vegetable Soup (V)	Soup du Jour Potato and Cauliflower (V)	Soup du Jour Acorn Squash (V)
Entrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Maple Ginger Salmon Wellington	Crispy Fish Sandwich	Buffalo Chicken Wrap GFA	Shrimp Quesadilla GFA	Cuban Style Pulled Pork Sandwich GFA	Kendal Pizza GFA	CBT Sandwich GFA
Salmon with Maple Ginger Glaze, Wrapped in Puff Pastry	Battered Fried Fish on a Bun with Tartar Sauce	Crispy Chicken tenders tossed in hot sauce, with chopped tomatoes, shredded Lettuce, and blue cheese dressing	shrimp, sautéed onions & bell peppers & melted cheese in a tortilla	Sliced ham, Pulled pork, Swiss cheese, pickles, mustard on a fresh baked roll	Handmade Pizza's	Cheddar, Bacon and tomato on grilled white bread
Eggs Benedict	Cobb Salad GF	Kielbasa and Cabbage GF	Sesame Chicken	Fish of the Day	Oven Roasted Chicken Wings	Chicken Parmesan
Poached Eggs with Canadian Bacon on a Muffin with Hollandaise Sauce	Grilled Chicken, Tomatoes, Bacon, Bleu Cheese, Avocado, Eggs, Romaine, Ranch Dressing	Kielbasa sausage and cabbage sauteed	Crispy chunks of chicken tossed in a sesame garlic sauce	Preparation changes	Seasoned chicken wings baked	Breaded chicken topped with tomato sauce and mozzarella cheese
Cheese Blintzes	Eggplant Tower GF	Spinach and Chickpea Curry	Vegetable Spring Rolls	French Onion Quiche	Penne alla Vodka	Macaroni & Cheese
Served with a Berry Compote	Grilled Eggplant, Provolone, Muenster Cheese and Tomato Sauce	Fresh Spinach and chickpeas in a creamy curry sauce	Asian vegetables wrapped in a thin dough and fried	Savory Tart Shell with Egg, Onion, and Gruyere Cheese	Classic creamy tomato sauce with parmesan cheese.	Pasta with a cheese sauce.
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Bacon & Sausage Patties	California Vegetables	Carrots	Green Beans	Broccoli	Steamed Broccoli	Garden Vegetables
Steamed Broc/Cauli/Carrots	Steak Fries	Brown Rice Pilaf	Jasmine Rice	Kendal Chips	Garlic Bread	Sweet Potato Tots
Pot Hash Browns						
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
Chef's Choice Desserts	Pineapple	Assorted Dessert	Cookies	Assorted Dessert Bars	Brownie	Chocolate Chip Pound Cake
NSA Blueberry Cake	NSA Cookies	NSA Vanilla Pudding	NSA Brownies	NSA Peach Pie	NSA Lemon Cake	NSA Chocolate Pudding

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	Soup du Jour Chicken Noodle	Soup du Jour Vegetable Gumbo (v) (G)	Soup du Jour Lentil Soup (V)	Soup du Jour Sweet Potato Soup (V)	Soup du Jour Seafood Chowder(G)	Soup du Jour Carrot and Ginger
	Special Salad	Special Salad	Special Salad	Special Salad	Special Salad	Special Salad
	Spinach Salad with Apple/Cran/Walnuts	Roasted Beets and Goat Cheese	Classic Wedge	Caprese	Arugula, Sweet Potato, and Chickpea	Pear and Goat Cheese
	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
	Moroccan Beef GF	Chicken Pot Pie	Kendal Crab Cakes	Braised Chicken Thighs	Curried Lamb	Chicken Saltimbocca
	Slow cooked tenderloin with toasted spices, aromatic vegetables, chickpeas and raisins	Sauteed chicken and vegetables in a creamy velouté topped with puff pastry	served with an Avocado Tartar Sauce.	Braised Chicken Thighs with Potatoes, Tomatoes, and Onions	Tender pieces of lamb stewed in a curry gravy	Chicken Breast with Sage, wrapped in Prosciutto & Seared, with a white wine sauce.
	Pasta Bar GFA	Fillet of Flounder	Beef Short Ribs	Catch of the Day	BBQ Pork Ribs GF	All American Burger GFA
	Made to Order Pasta with a Variety of Sauces	Flounder fillet with a lemon sauce.	Tender Beef Braised in its own juices.	Today's Fresh Seafood	Baby Back Ribs in a Traditional BBQ Sauce	American cheese lettuce and tomato on a bun
	Tofu and Cauliflower Rice GF	Stuffed Acorn Squash	Palak Paneer GF	Fall Vegetable Gnocchi	Broccoli & Cheddar Quiche	Grilled Portobello Mushroom Burger GFA
	Sauteed tofu, peppers onions, peas, carrots, tomatoes and cauliflower rice	Roasted acorn squash stuffed with wild rice, cranberries, beyond sausage & apples.	Spinach with Indian Cheese	Seasonal Fall Harvest Vegetables with Potato Pasta in a Vegetable Veloute	Broccoli & cheddar baked with a savory egg custard in a pie shell.	Marinated Portobello Mushroom with Lettuce and Tomato on a bun
	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
	Mixed Vegetables	Roasted Brussels Sprouts	Braised Fennel and Carrots	Roasted Onions	Corn O'Brien	Roasted Vegetables
	Green Peas	Cauliflower	Steamed Broccoli	Asparagus	Roasted Parsnips	Steamed Carrots
	Barley Pilaf	Smashed Yukon Gold Potatoes	Creamy Polenta	Mushroom Risotto	Basmati Rice	Roasted Potatoes
	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
	Key Lime Pie	Rocky Road Cake	Fresh Fruit	Carrot Cake	Coconut Custard	Baked Apple Pie
	NSA Apple Pie	NSA Cherry Cake	NSA Lemon Loaf	NSA Chocolate Velvet Cake	NSA Blueberry Cake	NSA Chocolate Pudding