

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10/15/23	10/16/23	10/17/23	10/18/23	10/19/23	10/20/23	10/21/23
<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> with Rum Raisin Sauce	<b>Meatball Parmesan Sandwich</b> with Tomato Sauce and Mozzarella cheese on a Wedge Roll	<b>Grilled Chicken Panini GFA</b> Baby Arugula, Fresh Mozzarella & roasted red peppers, pesto mayo 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, Apple &amp; Brie Grilled Cheese</b> on Sourdough Bread
<b>Assorted Omelets</b> made to order	<b>Superfood Salad GF</b> Grilled Chicken, Blueberries, Avocado, Baby Spinach, Pomegranate Vinaigrette	<b>Tortilla Crusted Tilapia</b> Tilapia Breaded with Corn Tortilla and Baked	<b>Mediterranean Quinoa Salad with Grilled Chicken GF</b> Greek Olives, Roasted Peppers, Feta Cheese, Cucumbers, Chopped Pomegranate, 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 Shells</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>Peas &amp; Carrots</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>Steak Fries</b>	<b>Rice Pilaf</b>
<b>Home Fries</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>Assorted Cheese Cake</b>	<b>Oatmeal Raisin Cookies</b>	<b>Mixed Fruit Cup</b>	<b>Carrot Cake</b>	<b>Chocolate Chip Brownie</b>	<b>Pumpkin pie</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 Cake</b>	<b>NSA Vanilla Pudding</b>

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10/15/23	10/16/23	10/17/23	10/18/23	10/19/23	10/20/23	10/21/23
<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> Spinach Salad with Apple/Cran/Walnuts	<b>Special Salad</b> Roasted Beets and Goat Cheese	<b>Special Salad</b> Classic Wedge	<b>Special Salad</b> Caprese	<b>Special Salad</b> Arugula, Sweet Potato, and Chickpea	<b>Special Salad</b> Pear and Goat Cheese	<b>Special Salad</b> Pear and Goat Cheese
<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>Linguini &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>Veal Parmesan</b> Breaded Veal cutlet, topped with marinara sauce & mozzarella cheese.	<b>Entrees</b> <b>Veal Parmesan</b> Breaded Veal cutlet, topped with marinara sauce & mozzarella cheese.
<b>Shrimp Scampi GF</b> Shrimp and Garlic, Sauteed with 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>Chicken Piccata</b> Chicken breast seared & topped with a lemon caper sauce.	<b>Pork Osso Bucco</b> Braised Pork Shank with Tomatoes, Onions, Carrots, and Celery	<b>Chicken Florentine</b> Chicken breast seared & topped with a creamy spinach sauce	<b>Chicken Florentine</b> Chicken breast seared & topped with a creamy spinach sauce
<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>Falafel</b> Chickpea Fritters served with at Mint Yogurt Sauce	<b>Butternut Squash Lasagna</b> Pasta sheets layered with purred butternut squash, ricotta cheese, bechamel & topped with mozzarella cheese.	<b>Butternut Squash Lasagna</b> Pasta sheets layered with purred butternut squash, ricotta cheese, bechamel & topped with mozzarella cheese.
<b>Accompaniments</b> <b>Sauteed Zucchini and Tomatoes</b>	<b>Accompaniments</b> <b>Sauteed Spinach</b>	<b>Accompaniments</b> <b>Swiss Chard</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>Jasmine Rice</b>	<b>Potato and Cauliflower Mash</b>	<b>Brown Rice</b>	<b>Linguini</b>	<b>Farro Risotto</b>	<b>Wild Rice Pilaf</b>	<b>Wild Rice Pilaf</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 Cake</b>	<b>NSA Cherry Pie</b>	<b>NSA Chocolate Cake</b>	<b>NSA Chocolate Cake</b>