

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|---|--|
| 12/11/22 | 12/12/22 | 12/13/22 | 12/14/22 | 12/15/22 | 12/16/22 | 12/17/22 |
| 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 White Bean, Sausage, and Kale | Soup du Jour Beef Barley (G) | Soup du Jour Bacon, 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 | Ziti & Meatballs Pasta with House made meatballs. Tomato sauce | Kendal Pizza GFA House Made Pizzza with choice of Toppings | Ham and Cheese Melt GFA Cheddar Cheese on Grilled White Bread |
| Smoked Salmon GF With traditional garnishes | Superfood Salad GF Grilled Chicken, Blueberries, Avocado, Pomegranate Seeds, Baby Spinach, Pomegranate | Catch of the Day | Mediterranean Quinoa Salad with Grilled Chicken GF Greek Olives, Roasted Peppers, Feta Cheese, Cucumbers, Chopped Cumin, Lemon Herb | Mediterranean Chicken Tagine GF Boneless Chicken Thighs Braised with Onions, Garlic, olives, and Moroccan spices | Battered Fish Lightly battered fish with tartar sauce on the side | BBQ Bourbon Chicken GF Grilled Chicken Breast Glazed with BBQ Bourbon Sauce |
| Stuffed Shells Pasta Shells 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 | Caprese Baked Pasta Ziti Pasta Tossed Together with Ricotta, Mozzarella Cheese & Marinara, Baked | Eggplant Tower GF Grilled Eggplant, Provolone, Muenster Cheese and Tomato | 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 | Steamed Carrots | Coleslaw | Pacific Blend Vegetables |
| Roasted Sweet Potatoes | Potato Chips | Crispy Potato Wedge | Tater Tots | Roasted Brussels Sprouts | French Fries | Rice Pilaf |
| | | | | Ziti | | |
| Desserts | Desserts | Desserts | Desserts | Desserts | Desserts | Desserts |
| Desserts | Desserts | | Desserts | Desserts | | Desserts |
| Chefs Choice Dessert | New York Cheesecake | Oatmeal Raisin Cookies | Mixed Fruit Cup | Key Lime Pie | Chocolate Chip Brownie | Sour Cream Cake |
| NSA Peach Pie | NSA Brownie | NSA Jell-O | NSA Chocolate Pudding | NSA Cheesecake | 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 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 Classic Wedge | Special Salad Baby Arugula |
| | Entrees Autumn Beef Stew GF Tender Pieces of Beef, Carrots, Potatoes, in a Rich Beef Sauce | Entrees Seared Pork Medallions 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 Fresh Catch A fresh Seafood offering | Entrees Beef and Broccoli Stir Fry Tender Beef, Broccoli, and Carrots in 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 | | Pork Osso Bucco Braised Pork Shank | 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 | | 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 Swiss Chard | Accompaniments Baby Bok Choy |
| | Roasted Parsnips | Red and Golden Beets | Roasted Root Vegetables | | French Beans | Roasted Acorn Squash |
| | Linguine | Potato and Cauliflower Mash | Rice Pilaf | | Farro Risotto | Rice |
| | Desserts Chocolate Peanut Butter Cake | Desserts Fresh Fruit | Desserts Coconut Custard | | Desserts Pumpkin Cheesecake | Desserts Cannoli Cake |
| | NSA Cherry Cake | NSA Apple Pie | NSA Blueberry Pie | | NSA Cinnamon Swirl Cake | NSA Chocolate Velvet |