| SUNDAY                                  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|---|---|---|--|--|---|--|
| 10/24/21                                | 10/25/21  | 10/26/21  | 10/27/21   | 10/28/21   | 10/29/21  | 10/30/21   |
| <b>Soup du Jour</b><br>Chicken and Rice | Soup du Jour<br>Vegetable Orzo (V)  | Soup du Jour<br>Beef Noodle   | <b>Soup du Jour</b><br>Traditional Gumbo   | Soup du Jour<br>Lentil & Spinach Soup<br>(V)   | Soup du Jour<br>Chicken & Dumpling                    | Soup du Jour<br>Split Pea Soup   |
| Entrees                                 | Entrees   | Entrees   | Entrees  | Entrees  | Entrees   | Entrees  |
| Carved Ham                              | Smoked Turkey~<br>Sandwich GFA  | Rueben GFA  | Buffalo Chicken Wrap<br>GFA  | Pulled Pork<br>Quesadillas GFA   | Kendal Pizza  | Steak and Cheese<br>GFA  |
| Served with a Peppercorn<br>Demi Glace  | Thinly Sliced Smoked Turkey Breast with Melted Cheddar, Fresh Tomatoes, & Bacon Served on a Sourdough Roll              | Saurkaut, Russian Dressing,<br>Swiss Cheese on Rye  | Crispy Chicken Tenders<br>tossed in Hot Sauce, with<br>Chopped Tomatoes,<br>Shredded lettuce and Blue<br>Cheese Dressing | Shredded BBQ Pork,<br>Cheddar Cheese, and<br>Sauteed onions. Served with<br>Sour Cream and Salsa   | House Made Cheese<br>/ Pizza's                        | Thinly Sliced Beef, Onions,<br>Peppers, and Provolone<br>Cheese        |
| Assorted Omelets and Pancakes           | Cheese Ravioli with<br>Bolognaise   | Greek Salad with<br>Grilled Chicken GF  | Beef Empanada  | Grilled Chicken BLT<br>Salad   | Fish and Chips  | Chicken & Broccoli<br>Stir Fry   |
| Fresh Catch GF                          | Ricotta Filled Pasta with a<br>House Made Meat Sauce  | Tomatoes, Cucumbers,<br>Shaved Red Onions,<br>Kalamata Olives, Feta<br>Cheese, Greek Dressing                                   | A Mixture of Ground Beef,<br>Herbs & Spices Baked in<br>Empanada Dough   | Grilled Chicken, iceberg<br>wedge, tomatoes, bacon,<br>crumbled blue cheese, and<br>ranch dressing | Battered fish, lemon wedge, coleslaw and tartar sauce | Crispy Chicken Tossed<br>Together with Broccoli in a<br>Stir Fry Sauce |
| Cheese Blintzes                         | Sundried Tomato &<br>Swiss Cheese<br>Quiche   | Mexican Burrito<br>Vegetable Rice Bowl  | Indian Samosas   | Southwest<br>Vegetable Chili   | Sweet and Sour Tofu<br>Stir Fry                       | Stuffed Rigatoni<br>Pasta  |
| Served with a Berry<br>Compote          | Sundried Tomato & Swiss<br>Cheese Mixed Together in a<br>Savory Egg Battered in a Tart<br>Shell Baked Till Golden Brown | Cilantro Lime Rice Topped<br>with Black Beans, Pico de<br>Gallo, Roasted Corn & Tofu<br>Finished with a Drizzle of<br>Guacamole | Served with a Tamarind Mint<br>Sauce   | Mixed Vegetables with<br>Herbs & Spices, Served<br>with Tortilla Chips                             | Peppers, Onions, and diced<br>Pineappple,             | Cheese stuffed pasta with a vodka sauce                                |
| Accompaniments                          | Accompaniments  | Accompaniments  | Accompaniments   | Accompaniments   | Accompaniments  | Accompaniments   |
| Bacon & Sausage Patties                 | Steamed Broccoli  | Roasted Zucchini  | Pacific Vegetables   | Peas & Carrots   | Sautéed Squash mix                                    | Green Beans  |
| Mixed Vegetables                        | Potato Chips  | Cilantro Lime Rice  | Sweet Potato Fries   | Tater Tots   | Steak Fries   | Steamed White Rice   |
| Sweet Potato Mash                       |   |   |  |  |   |  |
| Desserts                                | Desserts  | Desserts  | Desserts   | Desserts   | Desserts  | Desserts   |
| Assorted Desserts                       | Assorted Cupckes  | Carrot Cake   | Lemon Raspberry<br>Pound Cake  | Fresh Baked<br>Cookies   | Carrot Cake   | Brownies   |
| Cranberry Orange<br>Cake NSA            | NSA Chocolate<br>Cream Pie  | NSA Vanilla Pudding   | NSA Jell-O   | NSA Chocolate Pudding  | NSA Red Velvet  | NSA Blondies   |

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|----------|---|--|--|--|--|---|
| 10/24/21 | 10/25/21  | 10/26/21   | 10/27/21   | 10/28/21   | 10/29/21   | 10/30/21  |
|          | Special Salad   | Special Salad  | Special Salad  | Special Salad  | Special Salad  | Special Salad   |
|          | Baby Spinach, Quinoa,<br>Crnaberries, Apples, Feta,<br>Honey Balsamic       | Asian Salad Mix,<br>Ornages, Amolnds,<br>Toasted Sesame Dressing       | Baby Kale, Cucumber, Red<br>Onions, Apricot, Pecan,<br>Champagen Vinaigrette | Pomegranate, Pear,<br>Celerac, Blood Orange<br>Vinaigrette | Greens, Roasted Beets,<br>Goat Cheese, Raspberry<br>Vinaigrette                                  | Arugula Mix, Cherry<br>Tomatoes, Artichokes,<br>Olives, Shaved Parm, Re<br>wine Vinarnrette |
|          | Soup duJour_  | Soup duJour  | SoupduJour   | Soup du Jour   | SoupduJour   | SoupduJour  |
|          | French Onion  | Chicken Noodle   | Farro and Chickpea<br>Soup(V)  | Italian Wedding Soup                                       | Brussels Sprout Soup   | Butternut Squash<br>Bisque  |
|          | Entrees   | Entrees  | Entrees  | Entrees  | Entrees  | Entrees   |
|          | Roasted Pork<br>ShoulderGF  | Beef and Musroom<br>Stew   | Veal Osso Buco   | Asian Pepper Steak   | Beef Rouladen  | Mediterannean<br>Chicken GF   |
|          | Dry rubbed and served with a honey garlic sauce                             | Slow cooked beef<br>tenderloin, mushrooms, red<br>wine, and demi glace | Braised Veal in a Brown<br>Sauce   | Sliced Beef, Onions<br>,Peppers, with an Asian<br>Sauce    | Thinly Sliced Tender Beef<br>Wrapped with Pickles and<br>Onions, Slow Cooked in a<br>Brown Gravy | Artichokes, Roasted<br>Tomatoes, Portobello<br>Mushrooms, Chicken<br>Veloute                |
|          | Carribean Style Chicken GF  | Seafood Paella   | Chicken Tikka Masala   | Shrimp and Cod<br>Cakes                                    | Chicken Schnitzel  | Fresh Catch GF  |
|          | Cut whole Chicken, Slow<br>Cooked with island<br>seasoning                  | Shrimp, Scallops.Mussels and Clams in a saffron rice and vegetable mix | Marinated Chicken Thighs in tomato and Indian Spices                         | Topped with a Remoulade Sauce                              | German Style Breaded<br>Chicken Breast   |   |
|          | Lentil Caponata GF  | White Bean, Artichoke and Chard Ragf!ut                                | Creamy Mushroom Polenta  | Stir Fry Tofu and Veaetables GF                            | Vegetable Strudel  | Mushroom Raviol   |
|          | A Traditional Sicilian Dish<br>with Eggplant, Tomato,<br>Lentil, and Celery | White beans and vegetables, cookedwit!) tomatoes and garlic            | Creamy Cornmeal with fresh<br>Mushrooms                                      | Tofu, and asian vegetables                                 | Strips of Vegetables<br>Wr,apped in a Phyla Dough<br>and Baked                                   | Truffle and Parmesan<br>Sauce   |
|          | Accompaniments  | Accompaniments   | Accompaniments   | Accompaniments   | Accompaniments   | Accompaniments  |
|          | Vegetable Medley  | Green Beans  | Spinach  | Baby Bok Choy  | German·Red<br>Cabbage  | Steamed Broccol   |
|          | Plantains   | Braised Cabbage  | Cippolini Onions   | Roasted Carrots  | Roasted Brussel Sprouts  | Sauteed Rainbow<br>Carrots  |
|          | Rice and Beans  | Lyonnaise Potatoes   | Basmati Rice   | Barley Pilaf   | -, Potato Pancakes   | Roasted Potatoes  |
|          | Desserts  | Desserts   | Desserts   | Desserts   | Desserts   | Desserts  |
|          | Pumpkin<br>Cheesecake   | Apple Crumble  | Tiramisu   | Carrot, Cake   | German Chocolate Cake  | Chocolate Peanu<br>Butter Cake  |
|          | NSA Peach Pie   | NSA Meringue Pie   | NSA Lemon Cake   | NSA Cherry Pie   | NSA Apple Pie  | NSA Cheesecake  |