

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07/17/22	07/18/22	07/19/22	07/20/22	07/21/22	07/22/22	07/23/22
Soup du Jour Seafood Chowder (G)	Soup du Jour Minestrone (V)	Soup du Jour Chicken and Cabbage Soup	Soup du Jour Lentil Soup (V)	Soup du Jour Potato Leek	Soup du Jour Hearty Vegetable (V)	Soup du Jour Manhattan Clam Chowder
Entrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Roasted New York Sirloin of Beef GF Peppercorn Sauce	Mediterranean Chicken Wrap GFA Grilled Chicken Breast, Kalamata Olives, Feta Cheese, Lettuce, Tomato, & Purple Onion with a Greek Vinaigrette Dressing	Ruben Sandwich GFA Thinly Sliced Corned Beef, Swiss Cheese, Sauerkraut, & Thousand Island Dressing, Grilled on Rye Bread	Chicken Fajita Pitas GFA Peppers, onions, cheddar cheese, tomato salsa	Turkey Club Wrap Sliced Turkey, Bacon, Lettuce, Tomato, & Mayonaise in a Wrap	Kendal Pizza GFA Handmade Pizza's	Classic Grilled Cheese GFA White bread, and american cheese
Eggs Benedict Hollandaise, Canadian bacon. English muffin	Chili con carne GF ground beef, sauteed vegetable, topped with cheddar cheese	Mussels Marinara GF Steamed Mussels, tomato sauce, and garlic bread	Sweet and Sour Pork GF Tender pork, peppers, onions tossed in a sweet and sour sauce	Chicken, Berries, & Arugula Salad GF Grilled Chicken over Fresh Arugula Tossed with Berries, Purple Onion, Almonds, topped with a	Tilapia GF Roasted Corn and Black Bean Salsa	Chicken Marsala Chicken Breast Dredged in Flour, Sauteed with a Marsala Cream Sauce
Stuffed Shells Shell Shaped Pasta, filled with Ricotta Cheese, with Tomato Sauce	Asparagus and Goat's Cheese Frittata Egg Custard cooked with Asparagus and Goat's Cheese	Penne Alfredo Penne Pasta in a Creamy Sauce	Stir Fry Vegetables Napa Cabbage, peppers, onions, broccoli, waterchestnuts, edamame beans, in a stir fry sauce	Zoodles with Pesto GF Fresh Zucchini Noodles with a Basil Sauce	Grilled Portabello Mushroom Stack GF Grilled Portabello Mushroom topped with Zucchini, Tomato, Eggplant, and Mozzarella, served with Balsamic Glaze	Mediterranean Quiche Feta cheese. Kalamata olives, and spinach
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Bacon & Sausage Patties	Pacific Vegetable Blend	Roasted Zucchini	Chef's Blend Vegetables	Cole Slaw	Steamed Broccoli and Carrots	Green Beans
Haricot Verts	Sweet Potato Fries	French Fries	Steamed White Rice	Roasted Potatoes	Rice Pilaf	Potato Wedges
Lyonnaise Potatoes						
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
Assorted Desserts	New York Cheesecake	Lemon Bars	Brownies	Chocolate Cake	Raspberry Pound Cake	Carrot Cake
NSA Apple Pie	NSA Chocolate Pudding	NSA Peach Pie	NSA Lemon Cake	NSA Cinnamon Swirl	NSA Cookies	NSA Lemon Merinque Pie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07/17/22	07/18/22	07/19/22	07/20/22	07/21/22	07/22/22	07/23/22
	Soup du Jour Tuscan Bean Soup (V)	Soup du Jour Mushroom Bisque (V)	Soup du Jour Mexican Tortilla Soup	Soup du Jour Green Minestrone (V)	Soup du Jour Broccoli & Cheddar Cheese Soup (V)	Soup du Jour Chicken Vegetable
	Special Salad Mediterranean Quinoa	Special Salad Classic Wedge	Special Salad Asian Baby Kale	Special Salad Kendal Spring Salad	Special Salad Caprese salad	Special Salad Citrus Salad
	Entrees Traditional Meatloaf Ground Beef Baked with Sauteed Onion and Peppers	Entrees Pan Seared Seafood Cakes Shrimp, crab and scallops served with a New England style tartar sauce	Entrees Moroccan Chicken GF Tender Chicken Thighs cooked with Moroccan spices, dried apricot,	Entrees Grilled Shrimp Caesar Salad GFA Grilled Shrimp over Romaine Lettuce tossed in caesar dressing and topped with croutons and shaved parmesan cheese	Entrees Pork Prime Rib GF Served with a Cherry Demi Glaze	Entrees Baked Chicken GF Herb, and Garlic marinated and served with a natural chicken jus
	Roasted Pork GF Thick portions of tender pork Served with a brandy Mushroom Sauce	Mediterranean Chicken GF Chicken thighs, artichokes, kalamata olives, roasted tomatoes	Fresh Catch A Fresh Seafood Offering	BBQ Ribs GF Slow cooked Ribswith atangy BBQ Sauce	Pan Seared Salmon GF Lemon Caper Sauce	Housemade Meatballs Housemade meatballs in marinara sauce
	Corn Cakes Served with a Summer Salsa	Roasted Vegetable Ragout GF Assorted Roasted Vegetables and White Beans in a light tomato stew	Ginger Orange Grilled Tofu Grilled Tofu Steaks with a Ginger Orange Sauce	Spinach and Chickpea Curry GF Chickpeas and Fresh Spinach in a Curry Cream Sauce	Spring Vegetable Gnocchi Zucchini , yellow squash, tomatoes, mushrooms and sweet peas	Eggplant Rolatini Tomato sauce, ricotta and mozzarella cheese
	Accompaniments Sauteed Spinach Steamed Carrots Sour Cream Mashed Potatoes	Accompaniments Garlic Green Beans Steamed Vegetable Medley Saffron Rice	Accompaniments Asparagus Blistered Cherry Tomatoes Basmati Rice	Accompaniments Corn on the Cob Traditional Coleslaw Potato Wedges	Accompaniments Creamed Spinach Steamed Broccoli Potatoes au Gratin	Accompaniments Beets Carrots Linguine
	Desserts Memphis Drizzle Cake NSA Chocolate cake	Desserts Pineapple NSA Apple Pie	Desserts Key Lime Pie NSA Cheesecake	Desserts Toasted Almond Cake NSA Blueberry Pie	Desserts Watermelon NSA Lemon Cake	Desserts Limoncello Mascarpone Cake NSA Cherry Pie