

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>10/23/22</b>	<b>10/24/22</b>	<b>10/25/22</b>	<b>10/26/22</b>	<b>10/27/22</b>	<b>10/28/22</b>	<b>10/29/22</b>
<b>Soup du Jour</b> Roasted Butternut Squash	<b>Soup du Jour</b> Chicken Muligatawny	<b>Soup du Jour</b> Tomato and Leek (V)	<b>Soup du Jour</b> Chinese Pork Noodle Soup (G)	<b>Soup du Jour</b> Confetti Vegetable Soup (V)	<b>Soup du Jour</b> Potato and Cauliflower (V)	<b>Soup du Jour</b> Ginger Acorn Squash (V)
<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>
<b>Chicken Picatta</b>	<b>Sloppy Joseph GFA</b>	<b>Buffalo Chicken Wrap GFA</b>	<b>Eggplant Parmesan Hero GFA</b>	<b>Cuban Style Pulled Pork Sandwich GFA</b>	<b>Kendal Pizza GFA</b>	<b>CBT Sandwich GFA</b>
Chicken with a Lemon Caper Sauce	0	Crispy Chicken tenders tossed in hot sauce, with chopped tomatoes, shredded Lettuce, and blue cheese dressing	Breaded eggplant , marinara, and mozzarella cheese on a club roll	Sliced ham, Pulled pork, Swiss chees, pickles, mustard on a fresh baked roll	Handmade Pizza's	Cheddar, Bacon and tomato on grilled white bread
<b>Assorted Omelets and Pancakes</b>	<b>Cobb Salad GF</b>	<b>Kielbasa and Cabbage GF</b>	<b>Sesame Chicken</b>	<b>Fish of the Day</b>	<b>Oven Roasted Chicken Wings GF</b>	<b>Chicken Parmesan</b>
0	Grilled Chicken, tomatoes, diced bacon, crumbled blue cheese, avocado , cooked eggs, chopped romaine	Kielbasa sausage and cabbage sauteed	Crispy chunks of chicken tossed in a sesame garlic sauce	Preperation changes	Seasoned chicken wings baked	Breaded chicken topped with tomato sauce and mozzarella cheese
<b>Manicotti</b>	<b>Eggplant Tower GF</b>	<b>Spinach and Chickpea Curry</b>	<b>Vegetable Spring Rolls</b>	<b>French Onion Quiche</b>	<b>Macaroni and Cheese</b>	<b>Penne a la Vodka</b>
Pasta stuffed with ricotta cheese, topped with tomato sauce and mozzarella cheese	Grilled Eggplant, Provlone, Muenster Cheese and Tomato Sauce	Fresh Pinach and chickpeas ina creamy curry sauce	Asian vegetables wrappen in a thin dough and fried	Savory Tart Shell with Egg, Onion, and Swiss Cheese	Pasta with a Cheese Sauce	Classic creamy tomato sauce with parmesan cheese
<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>California Vegetables</b>	<b>Carrots</b>	<b>Green Beans</b>	<b>Corn Au Brien</b>	<b>Steamed Broccoli</b>	<b>Garden Vegetables</b>
<b>Steamed Broc/Cauli/Carrots</b>	<b>Basmati Rice</b>	<b>Onion Rings</b>	<b>Steamed White Rice</b>	<b>Kendal Chips</b>	<b>Potato Wedges</b>	<b>Tater Tots</b>
<b>Roasted Red Bliss Potatoes</b>						
<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>
<b>Chef's Choice Desserts</b>	<b>Blondies</b>	<b>Cookies</b>	<b>Whoppie Pies</b>	<b>Assorted Cookie Bars</b>	<b>Princess Brownie</b>	<b>Marble Pound Cake</b>
<b>NSA Bleuberry Pie</b>	<b>NSA Cookies</b>	<b>NSA Vanilla Mousse</b>	<b>NSA Brownies</b>	<b>NSA Peach Pie</b>	<b>NSA Smoothies</b>	<b>NSA Vanilla Pudding</b>

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10/23/22	10/24/22	10/25/22	10/26/22	10/27/22	10/28/22	10/29/22
	<b>Soup du Jour</b> Chicken Noodle	<b>Soup du Jour</b> Vegetable Gumbo (v) (G)	<b>Soup du Jour</b> Blackeye Pea and Bacon	<b>Soup du Jour</b> Beer and Cheese	<b>Soup du Jour</b> Seafood Chowder( G)	<b>Soup du Jour</b> Carrot and Ginger
	<b>Special Salad</b> Roasted Beet & Goat Cheese	<b>Special Salad</b> Asian Salad	<b>Special Salad</b> Fall Quinoa Salad	<b>Special Salad</b> Baby Kale Salad	<b>Special Salad</b> Classic Wedge	<b>Special Salad</b> Baby Arugula
	<b>Entrees</b> <b>Moroccan Beef GF</b> Slow cooked tenderloin with toasted spices, aromatic vegetables, chickpeas and raisins	<b>Entrees</b> <b>Chicken Pot Pie</b> Sauteed chicken and vegetables in a creamy veloute topped with puff pastry	<b>Entrees</b> <b>Shrimp Provencal GF</b> Sauteed shrimp, garlic, white wine, tomatoes, and olives	<b>Entrees</b> <b>Beef Saurebraten GF</b> Marinated Beef Served with a Rich Brown Gravy	<b>Entrees</b> <b>Lamb Kofta Curry</b> Lamb meatballs cooked in indian curry spices	<b>Entrees</b> <b>Chicken Osso Bucco GF</b> Braised chicken, White wine, tomatoes and aromatic vegetables
	<b>New Orleans Pasta</b> Chicken, sausage, onions, peppers, Roasted garlic cream sauce	<b>Barramundi GF</b> Barramundi fish filet with a lemon butter	<b>Grilled Flank Steak GF</b> Herb and garlic marinated and a bordelaise sauce	<b>Assorted German Sausages GF</b> Bratwurst, Knackwurst, and Knockwurst	<b>BBQ Pork Ribs GF</b> Baby Back Ribs in a Traditional BBQ Sauce	<b>All American Burger GFA</b> American cheese lettuce and tomato on a bun
	<b>Tofu and Cauliflower Rice GF</b> Sauteed tofu, peppers onions, peas, carrots, tomatoes and cauliflower rice	<b>Mushroom Ravioli</b> Cremini, shitake and oyster mushrooms with a truffle cream sauce	<b>Vegetable Korma GF</b> Mixed Vegetables in an Indian Curry Sauce	<b>Vegetable Strudel</b> Vegetables Wrapped in Phyllo and Baked	<b>Quinoa Succotash GF</b> Lima beans, quinoa, corn kernels, onions, peppers, and light seasoning	<b>Grilled Portobello Mushroom BurgerGFA</b> Marinated Portobello Mushroom with Lettuce and Tomato on a bun
	<b>Accompaniments</b> <b>Mixed Vegetables</b>	<b>Accompaniments</b> <b>Roasted Brussel Sprouts</b>	<b>Accompaniments</b> <b>Braised Fennel and Carrots</b>	<b>Accompaniments</b> <b>German Red Cabbage</b>	<b>Accompaniments</b> <b>Steamed Broccolini</b>	<b>Accompaniments</b> <b>Roasted Vegetables</b>
	<b>Green Peas</b>	<b>Cauliflower</b>	<b>Steamed Broccoli</b>	<b>Roasted Brussels Sprouts</b>	<b>Roasted Parsnips</b>	<b>Steamed Carrots</b>
	<b>Baked Sweet Potatoes</b>	<b>Smashed Yukon Gold Potatoes</b>	<b>Barley Pilaf</b>	<b>Spaetzle</b>	<b>Basmati Rice</b>	<b>Roasted Potatoes</b>
	<b>Desserts</b> <b>Key Lime Pie</b>	<b>Desserts</b> <b>Napoleon Cake</b>	<b>Desserts</b> <b>Salted Caramel Cheesecake</b>	<b>Desserts</b> <b>German Chocolate Cake</b>	<b>Desserts</b> <b>Indian Rice Pudding</b>	<b>Desserts</b> <b>Baked Apple Pie</b>
	<b>NSA Apple Pie</b>	<b>NSA Orange Cranberry Bread</b>	<b>NSA Lemon Loaf</b>	<b>NSA Apple Pie</b>	<b>NSA Cookies</b>	<b>NSA Chocolate Pudding</b>