

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
04/23/23	04/24/23	04/25/23	04/26/23	04/27/23	04/28/23	04/29/23
Soup du Jour Split Pea (V)	Soup du Jour Vegetable Barley (V) (G)	Soup du Jour Mexican Chicken Tortilla	Soup du Jour Beef and Cabbage	Soup du Jour Tomato	Soup du Jour Manhattan Clam Chowder G	Soup du Jour Chicken Muligatawny
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	Salmon Burgers GFA Salmon patty, lemon aioli, lettuce, tomatoes, on a whole grain bun	Turkey Club Wrap GFA Sliced Turkey, Bacon, Lettuce, Tomato, & Mayonaise in a Wrap	BBQ Chicken Sandwich GFA Slow cooked pulled chicken, bbq sauce, and sauteed onions, on a club roll	Kendal Pizza GFA Handmade Pizza's	Cuban Sandwich GFA Pulled pork, sliced ham, swiss chees, sliced pickles, musard on a fresh baked roll
Eggs Benedict Hollandaise, Canadian bacon. English muffin	Spaghetti and Meatballs Pasta and Meatballs in a Tomato Sauce	Pork Dumplings Marinated pork and asian vegetables in a crispy wrapper tossed in sesame oil and scallions	Catch of the Day Preperation Changes	Beef Tacos GFA Ground beed, shedded lettuce, tomatoes, cheddar cheese, sour cream, salsa, soft flour tortilla	Chicken Wings GF with herb and garlic	Bacon and Cheddar Potato Skins GF Baked potato skins, cheddar cheese, and bacon with a side of sour cream
Stuffed Shells Shell Shaped Pasta, filled with Ricotta Cheese, with Tomato Sauce	Quinoa and Roasted Vegetable Ragout GF Mixed Vegetables Roasted with Quinoa in a Tomato Stew	Stir Fry Vegetables Napa Cabbage, peppers, onions, broccoli, waterchestnuts, edamame beans, in a stir fry sauce	Grilled Vegetable Tower GF Grilled eggplant, zucchini, peppers, yellow squash, and fontina cheese	Vegetable Lasagna Spinach, mushrooms, ricotta cheese, and tomato sauce	Stuffed Portabello Mushroom GF Grilled Portabello Mushroom topped with spinach, onions, roasted peppers, and sliced mozzarella cheese	Eggwhite Frittata GF Spinach, tomatoes, red onions, and Swiss cheese
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Bacon & Sausage Patties	Green Beans	Roasted Zucchini	Chef's Blend Vegetables	Cole Slaw	Steamed Corn	Green Beans
Haricot Verts	Spaghetti	French Fries	Steamed White Rice	Roasted Potatoes	Crispy Potato Wedges	Kendal Potato Chips
Lyonnaise Potatoes						
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
Assorted Desserts	Blueberry Pound Cake	Lemon Bars	Brownies	Snicker Doodle Cookies	Raspberry Pound Cake	Carrot Cake
NSA Apple Pie	NSA Chocolate Pudding	NSA Blueberry Cake	NSA Lemon Cake	NSA Jell-O	NSA Cookies	NSA Cherry Pie

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	Soup du Jour Minestrone (V) (G)	Soup du Jour Parsnip and Sweet Potato (V)	Soup du Jour Shrimp and Corn Chowder (G)	Soup du Jour Black Bean (V)	Soup du Jour Three Onion and Farro	Soup du Jour Lentil (V)
	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 Grilled Shrimp Caesar Salad GFA Grilled Shrimp over Romaine Lettuce side of caesar dressing and topped with croutons and shaved parmesan cheese	Entrees Traditional Meat Loaf Ground beef, bread crumbs, onions, seasoning and a ketchup glaze	Entrees Filet of Sole Lightly floured and sauteed to order served with lemon butter sauce	Entrees Chicken Curry Chicken thighs, toasted spices, coconut milk and potatoes	Entrees Lamb Burgers GFA Ground lamb, feta cheese, seasonings on a potato bun	Entrees Southern Style Chicken Crispy housemade boneless breaded chicken
	Mediterran Chicken GF Chicken thighs, green olives, lemons, and fresh cilantro	Chicken Cordon Blue Breaded chicken stuffed with swiss cheese and ham and served with a Mornay Sauce	Braised Pork Shanks GF Bone in pork shanks slow cooked with aromatic vegetables and mushrooms	Beef and Broccoli Tender beef cooked in an Asian sauce and tossed with broccoli	Pan Seared Salmon GF Lemon Caper Sauce	BBQ Ribs GF Slow cooked Ribs with atangy BBQ Sauce
	Quinoa and Corn Cakes Served with a Pico De Gallo	Artichoke, Roasted Tomato and Pesto FlatBread Marinated artichokes, roasted tomatoes, fresh mozzarella, and pesto	White Bean and Sundried Tomato Gnocchi White beans, sundried tomatoes, spinach, and gnocchi in a light creamy vegetarian veloute	Sweet and Sour Tofu GF Crispy tofu tossed with peppers, onions, and pineapples in a sweet and sour sauce	Lentil Stuffed Portobello Mushrooms GF Lentils, tomatoes. Gluten free breadcrumbs and seasonings baked on a portobello mushroom	Sweet Potato and Black Eye Pea Stew GF Sweet potatoes, peas, tomatoes, jalapenos, and kale
	Accompaniments Sauteed Spinach	Accompaniments Garlic Green Beans	Accompaniments Asparagus	Accompaniments Baby Bok Choy	Accompaniments Steamed Broccoli	Accompaniments Corn on the Cob
	Red Beets	Steamed Vegetable Medley	Roasted Parsnips	Steamed Carrots	Roasted Pearl Onions	Traditional Coleslaw
	Roasted Sweet Potatoes	Sour Cream Mashed Potatoes	Farro Risotto	Basmati rice	Onion Rings	Potato Wedges
	Desserts Memphis Drizzle Cake	Desserts Limoncello Marscapone Cake	Desserts Fresh Fruit	Desserts Tiramisu	Desserts Key Lime Pie	Desserts Chocolate Peanut Butter Cake
	NSA Chocolate cake	NSA Apple Pie	NSA Cheesecake	NSA Lemon Cake	NSA Blueberry Cake	NSA Cherry Pie