

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
|---|--|---|---|--|--|--|
| 04/16/23  | 04/17/23   | 04/18/23  | 04/19/23  | 04/20/23   | 04/21/23   | 04/22/23   |
| <b>Soup du Jour</b><br>Roasted Corn Chowder   | <b>Soup du Jour</b><br>Carrot Ginger (V)   | <b>Soup du Jour</b><br>Turkey , Vegetable and Couscous                        | <b>Soup du Jour</b><br>Zucchini Margherita (V)  | <b>Soup du Jour</b><br>Beef Vegetable                | <b>Soup du Jour</b><br>Tomato & Leek Soup (V)            | <b>Soup du Jour</b><br>Broccoli and Cauliflower  |
| <b>Entrees</b>  | <b>Entrees</b>   | <b>Entrees</b>  | <b>Entrees</b>  | <b>Entrees</b>                                       | <b>Entrees</b>   | <b>Entrees</b>                                   |
| <b>Chicken Francaise</b>  | <b>Hot Pastrami GFA</b>  | <b>Grilled Chicken Sandwich GFA</b>   | <b>Caprese Sandwich GFA</b>   | <b>Grilled Kielbasa Sausage GFA</b>                  | <b>Kendal Pizza GFA</b>                                  | <b>All American Hamburgers GFA</b>               |
| Chicken breast coated in an egg batter , sauteed and served with a lemon butter sauce       | Pastrami, and Swiss Cheese on grilled rye bread                                      | Swiss Cheese, Bacon, Tomatoes, Baby Arugula, Herb Aioli, on an Artisanal Roll | Sliced prosciutto, fresh mozzarella cheese, tomatoes, fresh basil and evoo on a crusty Italian bread      | Red Cabbage and Spicy Mustard on a toasted club roll | Handmade Pizza's   | Your choice of cheese served on a bun            |
| <b>Smoked Salmon GF</b>   | <b>Chef's Salad GF</b>   | <b>Steamed Clams and Mussels</b>  | <b>Chicken Fajita GFA</b>   | <b>Stuffed Chicken and Broccoli</b>                  | <b>Fish of the Day</b>                                   | <b>Hot Dogs</b>                                  |
| Smoked salmon, chopped eggs, diced tomatoes, sliced red onions, capers                      | Julienned Turkey, Tomatoes, Hard Cooked Egg, Cucumbers, Cheddar, Red Radishes, Cream | Tomatoes, fresh garlic, herb butter, white wine over spaghetti                | Tender pieces of chicken thighs cooked with onions, peppers and fajita sauce. Served with flour tortillas | Breaded chicken stuffed with cheese and broccoli     | Preperation changes                                      | Sauerkraut                                       |
| <b>Melanzane Tart</b>   | <b>Grilled Tofu Pesto and Tomatoes</b>   | <b>Broccoli and Cheddar Quiche</b>  | <b>Teriyaki Glazed Cauliflower</b>  | <b>Polenta Parmesan</b>                              | <b>Grilled Beyond Sausage and Peppers</b>                | <b>Spinach Ravioli</b>                           |
| Breaded eggplant, roasted tomatoes, shredded mozzarella, fresh basil baked on a puff pastry | Pesto, roasted tomatoes, pine nuts and balsamic glaze                                | Broccoli, cheddar , and egg mixture in a pie shell                            | Battered cauliflower tossed in an Asian sauce   | Baked polenta, tomato sauce and mozzarella cheese    | Beyond vegetarian sausage, onions, peppers, and tomatoes | Spinach ravioli tossed in a light tomato veloute |
| <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>Steamed Corn on the Cob</b>   | <b>California Vegetables</b>  | <b>Roasted Vegetables</b>   | <b>Sauteed Spinach</b>                               | <b>Pacific Vegetables</b>                                | <b>Coleslaw</b>                                  |
| <b>Sauteed Carrots</b>  | <b>Curly Fries</b>   | <b>Kendal Potato Chips</b>  | <b>Rice and Beans</b>   | <b>Roasted Red Bliss Potatoes</b>                    | <b>Steamed Carrots</b>                                   | <b>Onion Rings</b>                               |
| <b>Roasted Yukon Gold Potatoes</b>  |  |   |   |  |  |  |
|   |  |   |   |  |  |  |
| <b>Desserts</b>   | <b>Desserts</b>  | <b>Desserts</b>   | <b>Desserts</b>   | <b>Desserts</b>                                      | <b>Desserts</b>  | <b>Desserts</b>                                  |
|   |  |   | <b>#REF!</b>  |  |  |  |
| <b>Assorted Desserts *</b>  | <b>New York Cheesecake *</b>   | <b>Chocolate Cake</b>   | <b>Tres Leches Cake</b>   | <b>Chocolate Chip Cookie</b>                         | <b>Sour Cream Coffee Cake</b>                            | <b>Blueberry Pound Cake</b>                      |
| <b>NSA Apple Cake</b>   | <b>NSA Pudding</b>   | <b>NSA Cookies</b>  | <b>NSA Fresh Fruit Cup</b>  | <b>NSA Cinnamon Swirl</b>                            | <b>NSA Chocolate Cream Pie</b>                           | <b>NSA Jello</b>                                 |

| <b>SUNDAY</b>   | <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>  | <b>FRIDAY</b>   | <b>SATURDAY</b>  |
|-----------------|---|--|--|--|---|--|
| <b>04/16/23</b> | <b>04/17/23</b>   | <b>04/18/23</b>  | <b>04/19/23</b>  | <b>04/20/23</b>  | <b>04/21/23</b>   | <b>04/22/23</b>  |
|                 | <b>Soup du Jour</b><br>Black Bean Soup (V)                              | <b>Soup du Jour</b><br>Chicken Succotash                                     | <b>Soup du Jour</b><br>Green Vegetable<br>Minestrone (V)                             | <b>Soup du Jour</b><br>Mushroom Barley                                     | <b>Soup du Jour</b><br>Cream of Asparagus<br>(V)                                      | <b>Soup du Jour</b><br>Split Pea & Ham                               |
|                 | <b>Special Salad</b>  | <b>Special Salad</b>   | <b>Special Salad</b>   | <b>Special Salad</b>   | <b>Special Salad</b>  | <b>Special Salad</b>   |
|                 | Mediterranean Quinoa  | Kendal Spring  | Superfood Kale   | Baby Arugula   | Caprese   | Classic Wedge  |
|                 | <b>Entrees</b>  | <b>Entrees</b>   | <b>Entrees</b>   | <b>Entrees</b>   | <b>Entrees</b>  | <b>Entrees</b>   |
|                 | <b>Grilled Italian Sausage</b>  | <b>Seafood Cake</b>  | <b>Chicken Cacciatore GF</b>   | <b>Veal Osso Bucco GF</b>  | <b>Seafood Paella GF</b>  | <b>Baked Chicken GF</b>  |
|                 | Peppers, Onions, Roasted Tomatoes                                       | Crab, Scallops, Shrimp, and Bread Crumbs in Delicate Cake                    | Chicken legs and thighs cooked with onions and peppers in a tomato brodo             | Veak Shank, Slow Braised with Tomato, Carrots, Celery, Onions and Wine     | Shrimp, scallops, mussels, clams, and saffron rice                                    | Herb, and Garlic marinated and served with a natural chicken jus     |
|                 | <b>Citrus Chicken GF</b>  | <b>BBQ Beef Brisket GF</b>   | <b>Miso Glazed Pork Loin</b>   | <b>Fresh Catch</b>   | <b>Beef Stroganoff GF</b>   | <b>Hand Rolled Meatballs</b>   |
|                 | citrus marinated chicken thighs, light veloute, mandarin orange relish  | Dry rubbed slow cooked brisket with BBQ sauce on the side and thinly sliced. | Slow cooked pork loin glazed with miso and garnished with sesame seeds and scallions | Preparation Changes  | Sauteed beef, mushrooms, sour cream and a rich brown sauce                            | House made meatballs in marinara sauce                               |
|                 | <b>Chickpea and Lentil Curry</b>  | <b>Grilled Eggplant</b>  | <b>Orange Tofu and Edamame Stir Fry</b>  | <b>Cyprus Portobello Mushroom GF</b>                                       | <b>Ratatouille and White Bean Ragout GF</b>   | <b>French Onion Quiche</b>   |
|                 | Chickpeas, lentils, onions, peppers and spices in a coconut curry sauce | greek yogurt sauce and toasted almonds                                       | Tofu, edamame, Asian vegetables sauteed and tossed in an orange sauce                | Roasted portobello mushrooms, tomato sauce, and shredded mozzarella cheese | Roasted vegetables, white beans, and tomatoes slow cooked with garlic and fresh herbs | Caramelized onions, gruyere cheese in a egg mixture and pastry shell |
|                 | <b>Accompaniments</b>   | <b>Accompaniments</b>  | <b>Accompaniments</b>  | <b>Accompaniments</b>  | <b>Accompaniments</b>   | <b>Accompaniments</b>  |
|                 | <b>Roasted Cauliflower</b>  | <b>Steamed Carrots</b>   | <b>Baby Bok Choy</b>   | <b>Roasted Pearl Onions</b>  | <b>Sauteed Mixed Squash</b>   | <b>Sauteed Kale</b>  |
|                 | <b>Green Peas</b>   | <b>Fresh Green Beans</b>   | <b>Roasted Parsnips</b>  | <b>Sauteed Spinach</b>   | <b>Steamed Broccoli</b>   | <b>Carrots</b>   |
|                 | <b>Basmati Rice</b>   | <b>Baked Potato</b>  | <b>Jasmine Rice</b>  | <b>Creamy Polenta</b>  | <b>Egg Noodles</b>  | <b>Linguine</b>  |
|                 | <b>Desserts</b>   | <b>Desserts</b>  | <b>Desserts</b>  | <b>Desserts</b>  | <b>Desserts</b>   | <b>Desserts</b>  |
|                 | <b>Toasted Almond Cake *</b>  | <b>Fresh Fruit</b>   | <b>Tuxedo Cake</b>   | <b>Cannoli Cake *</b>  | <b>Crème Brulee</b>   | <b>Fresh Fruit</b>   |
|                 | <b>NSA Fresh Fruit Cup</b>  | <b>NSA Chocolate Cake</b>  | <b>NSA Lemon Cake</b>  | <b>NSA Cherry Cake</b>   | <b>NSA Cheesecake</b>   | <b>NSA Cherry Pie</b>  |