

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08/06/23	08/07/23	08/08/23	08/09/23	08/10/23	08/11/23	08/12/23
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	Meatball Hero Meatballs in a Tomato Sauce with Cheese on a Hero Roll	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	Pork Dumplings Marinated pork and asian vegetables in a crispy wrapper tossed in sesame oil and scallions	Greek Chicken Salad GFA Grilled Chicken Breast, Kalamata Olives, Feta Cheese, Lettuce, Tomato, & Purple Onion with a	Beef Tacos GFA Ground beed, shedded lettuce, tomatoes, cheddar cheese, sour cream, salsa , soft flour tortilla	Fish of the Day Preperation Changes	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	Lentil Stuffed Portobello Mushrooms GF Lentils, tomatoes. Gluten free breadcrumbs and seasonings baked on a portobello mushroom	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	Vegetable Frittata GF Spinach, tomatoes, red onions, and Swiss cheese
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Bacon & Sausage Patties	Steamed Broccoli	Roasted Zucchini	Chef's Blend Vegetables	Cole Slaw	Steamed Corn	Green Beans
Haricot Verts	Tater Tots	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 Gazpacho (V)
	Special Salad	Special Salad	Special Salad	Special Salad	Special Salad	Special Salad
	Mediterranean Quinoa	Kendal Spring	Superfood Kale	Baby Arugula	Caprese	Classic Wedge
	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
	Grilled Shrimp Caesar Salad GFA	Traditional Meat Loaf	Filet of Sole GFA	Chicken Curry GF	Lamb Burgers GFA	Fried Chicken
	Grilled Shrimp over Romaine Lettuce side of caesar dressing and topped with croutons and shaved parmesan cheese	Ground beef, bread crumbs, onions, seasoning and a ketchup glaze	Lightly floured and sauteed to order served with lemon butter sauce	Chicken thighs, tossed spices, coconut milk and potatoes	Ground lamb, feta cheese, seasonings on a potato bun	Bone In Chicken dredged in seasoned flour and fried
	Mediterranean Chicken GF	Braised Pork Shanks GF	Chicken Cordon Blue	Beef and Broccoli	Pan Seared Salmon GF	BBQ Ribs GF
	Chicken thighs, green olives, lemons, and fresh cilantro	Bone in pork shanks slow cooked with aromatic vegetables and mushrooms	Breaded chicken stuffed with swiss cheese and ham and served with a Mornay Sauce	Tender beef cooked in an Asian sauce and tossed with broccoli	Lemon Caper Sauce	Slow cooked Ribs with a tangy BBQ Sauce
	Quinoa and Corn Cakes	Artichoke, Roasted Tomato and Pesto FlatBread	White Bean and Sundried Tomato Gnocchi	Sweet and Sour Tofu GF	Quinoa and Roasted Vegetable Ragout GF	Three Bean Chili GF
	Served with a Pico De Gallo	Marinated artichokes, roasted tomatoes, fresh mozzarella, and pesto	White beans, sundried tomatoes, spinach, and gnocchi in a light creamy vegetarian veloute	Crispy tofu tossed with peppers, onions, and pineapples in a sweet and sour sauce	Mixed Vegetables Roasted with Quinoa in a Tomato Stew	Black Beans, Kidney Beans, and Garbanzo Beans in a Tomato Stew
	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
	Sauteed Spinach	Garlic Green Beans	Asparagus	Baby Bok Choy	Steamed Broccoli	Corn on the Cob
	Red Beets	Steamed Vegetable Medley	Roasted Parsnips	Roasted Pearl Onions	Steamed Carrots	Traditional Coleslaw
	Roasted Sweet Potatoes	Sour Cream Mashed Potatoes	Farro Risotto	Basmati rice	Onion Rings	Potato Wedges
	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
	Memphis Drizzle Cake	Limoncello Marscapone Cake	Fresh Fruit	Tiramisu	Key Lime Pie	Watermelon
	NSA Chocolate cake	NSA Apple Pie	NSA Cheesecake	NSA Lemon Cake	NSA Blueberry Cake	NSA Cherry Pie