

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12/04/22	12/05/22	12/06/22	12/07/22	12/08/22	12/09/22	12/10/22
Soup du Jour Cream of Asparagus (V)	Soup du Jour Vegetable Gumbo (V) (G)	Soup du Jour Corn Chowder (G)	Soup du Jour Cream of Mushroom	Soup du Jour Chicken Tortilla Soup	Soup du Jour Tomato Soup	Soup du Jour Vegetable (V)
Entrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Filet of Salmon	Chicken Salad Croissant GFA	Crispy Fish Sandwich	Club Sandwich GFA	Greek Salad Pita Pockets with Grilled Chicken GFA	Kendal Pizza GFA	Tuna Melt GFA
Served with a Mustard Glaze and a Tomato Caper Relish	Served with Boston Lettuce on a Toasted croissant	Breaded fish on a toasted bun with tartar sauce, lettuce and tomato	Ham, turkey, lettuce, tomato, cheddar cheese, bacon and mayo	Tomatoes, cucumbers, olives. Feta cheese, Greek dressing, grilled chicken	Assorted Pizzas, Made to Order	Toasted English muffin topped with tuna salad and Swiss cheese
Eggs Benedict	Creamy Pesto Shrimp	BBQ Chicken GF	Asian Meatballs	BLT Hot Dogs	Arther Ave Baked Ziti	Pork Stir fry
Poached Eggs with Canadian Bacon, Served over English Muffins with Hollandaise Sauce	Shrimp and Pasta Tossed in a Sauce with Basil, Garlic, Pine Nuts, and Olive Oil	Chicken thighs coated with BBQ sauce	Tossed in a teriyaki glaze	Bacon, shredded lettuce, tomatoes	Italian sausage, tomato sauce, ricotta cheese, mozzarella and parmesan cheese	Baby Bok choy, onions, peppers, carrots, water chestnuts
Manicotti	Vegetable Samosa	Macaroni and Cheese	Curry Vegetable Stew GF	Beyond Sausage and Peppers GF	Roasted Corn and Black Bean Quesadilla	Battered Cauliflower
Pasta Shells Stuffed with Ricotta Cheese, served with Tomato Sauce	Curried potatoes and peas wrapped in pastry	Pasta with a rich Cheese Sauce	Vegetables and peas cooked in a coconut curry sauce	Beyond sausage, onions and peppers in a tomato sauce	With cheddar and jack cheese in an 8" tortilla	Tossed in a Bourbon Sauce
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Bacon & Sausage Patties	Sauteed Zucchini	Green Beans	Steamed Broccoli	Roasted Cauliflower	Roasted Vegetables	Pacific Blend Vegetables
Steamed Broccoli and Carrots	Potato Chips	Onion Rings	White Rice	Herb Potatoes	Tomato Focaccia Bread	Rice Pilaf
Breakfast Potatoes						
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
Chefs Choice Dessert	Chocolate Cake	NY Cheesecake	Cookies	Pumpkin Pie	Chocolate Chip Brownie	Tiramisu
NSA Peach Pie	NSA Chocolate Cream pie	NSA Jell-O	NSA Chocolate Pudding	NSA Brownie	NSA Lemon Meringue Pie	NSA Vanilla Pudding

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	Soup du Jour Butternut Squash	Soup du Jour Lentil (V)	Soup du Jour Broccoli and Cheddar (V)	Soup du Jour Black Bean Soup (V)	Soup du Jour Chicken Vegetable	Soup du Jour Beef Barley (G)
	Special Salad Roasted Beet & Goat Cheese	Special Salad Asian Salad	Special Salad Fall Quinoa Salad	Special Salad Baby Kale Salad	Special Salad Classic Wedge	Special Salad Baby Arugula
	Entrees Cypress Chicken GF	Entrees Shrimp Scampi GF	Entrees Roasted Turkey GF	Entrees Cider Braised Pork Shoulder GF	Entrees Fresh Catch	Entrees Corned Beef GF
	Boneless chicken breast sauteed then topped with a tomato sauce and topped with mozzarella cheese	Shrimp with Garlic, White Wine, and Butter	Slow roasted and served with a pan gravy	Slow cooked pork, aromatic vegetables and a brown sauce	A Fresh Seafood Offering	Slowly Braised Corned Beef Served with Green Cabbage
	Asian Glazed Pork Loin Roasted pork loin with a teriyaki glaze	Pot Roast GF Slow Braised beef with aromatic vegetables and a brown sauce	Coriander Roasted Tilapia GF Cilantro and garlic seasoned fish with a Thai Fumet	Broccoli Stuffed Chicken Breaded chicken stuffed with broccoli and cheese	Beef Stroganoff Tender Beef Stew with Sour Cream, served with Egg Noodles	Seared Chicken Breast GF Herb marinated and seared then topped with a sundried tomato mushroom demi glace
	Roasted Vegetable and Goat Cheese Tart Fall Harvest Vegetables and Goat Cheese in a Puff Pastry Crust	7 Vegetable and Chickpea Tagine GF Vegetables, Beans, Rice, and Southern Spices	Butternut Squash Lasagna Roasted butternut squash, ricotta cheese, and spinach layered on pasta sheets	Paneer Tikka Masala (GF) Paneer cheese marinated and cooked in a tomato gravy with Indian spices	Mediterranean Couscous Saffron, dried apricots, and toasted almonds	Blue Cheese and Roasted Grape Flatbread Blue cheese, roasted grapes, red onions, extra virgin olive oil and pomegranate molasses
	Accompaniments Asparagus	Accompaniments Sauteed Spinach	Accompaniments Green Bean Casserole	Accompaniments Roasted Onions	Accompaniments Red and Golden Beets	Accompaniments Carrots
	Sauteed Mushrooms	Roasted Cauliflower	Roasted Root Vegetables	Brussels Sprouts	Green Beans	Cabbage
	Jasmine Rice	Risotto	Mashed Potatoes	Basmati Rice	Roasted Sweet Potatoes	Boiled Potatoes
	Desserts Toasted Almond Cake	Desserts Fresh Fruit	Desserts Chocolate Cake	Desserts Tiramisu	Desserts Crème Brulee	Desserts Tuxedo Cake
	NSA Lemon Cake	NSA Apple Pie	NSA Cherry Cake	NSA Chocolate Cake	NSA Chocolate Cream Pie	NSA Cheesecake