

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>01/29/23</b>	<b>01/30/23</b>	<b>01/31/23</b>	<b>02/01/23</b>	<b>02/02/23</b>	<b>02/03/23</b>	<b>02/04/23</b>
<b>Soup du Jour</b> Potato Leek	<b>Soup du Jour</b> Lentil (V)	<b>Soup du Jour</b> Chicken and Mushroom	<b>Soup du Jour</b> Minestrone (V)	<b>Soup du Jour</b> Cream of Broccoli	<b>Soup du Jour</b> Vegetable (V)	<b>Soup du Jour</b> Corn Chowder (G)
<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>Classic Rubeen Sandwich GFA</b>	<b>Roasted Turkey Panini GFA</b>	<b>Bacon and Swiss Burger GFA</b>	<b>Ham and Cheese Melt GFA</b>	<b>Kendal Pizza</b>	<b>Steak and Cheese GFA</b>
Chicken with a Lemon Caper Sauce	Corn Beef, Swiss Cheese, Russian dressing, Grilled Rye Bread	Roasted turkey breast, cheddar cheese, and cranberry mayo on a ciabatta roll	Angus Beef Burger with Swiss Cheese, Baconi	Sliced White Bread , Cheddar Cheese	Plain, Pepperoni, Meat lover and Vegetable pizza	Sliced beef, onions, and provolone cheese on a club roll
<b>Eggs Benedict</b>	<b>Greek Salad with Grilled Chicken</b>	<b>Southern Style Chili</b>	<b>Cyprus Chicken GF</b>	<b>Grilled Chicken BLT Salad</b>	<b>Fish of the Day</b>	<b>Chicken Tenders</b>
Poached Egg over and English Muffin with Ham and Hollandaise Sauce	Tomatoes, Red Onions, Cucumbers, Kalamata Olives, Feta Cheese, Greek Dressing, and Chopped	Ground beef, tomatoes, peppers, onions and kidney beans	Sauteed Chicken Breast Topped with Marinara Sauce and Mozzarella Cheese	Crumbled blue cheese, Tomatoes, Diced Bacon, Ranch Dressing, Iceberg Lettuce	A seafood offering	Breaded Chicken Tenders
<b>Eggplant Rollatini</b>	<b>Southwestern Cauliflower "Rice"</b>	<b>Vegetable Empanadas</b>	<b>Pasta Primavera</b>	<b>Vegetarian Chili</b>	<b>Tofu Stir Fry</b>	<b>Cheese Ravioli</b>
Tomato Sauce and Shredded mozzarella cheese	Onions, peppers, spices, tomatoes, red kidney beans	Vegetables wrapped in a pastry crust	Tomatoes, Onions, peppers, broccoli, garlic and light vegetable velouté	Vegetables, beans, tomatoes and spices	Sliced vegetables, cabbage and stir fry sauce	Tomato Cream Sauce
<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 Sweet Peas</b>	<b>Butternut Squash</b>	<b>Steamed Broccoli</b>	<b>Coleslaw</b>	<b>Green Beans</b>	<b>Roasted Root Vegetable Blend</b>
<b>Steamed Broc/Carrot/Cauli</b>	<b>Tater Tots</b>	<b>Potato Chips</b>	<b>Steak Fries</b>	<b>Potato salad</b>	<b>Jasmine Rice</b>	<b>Curly Fries</b>
<b>Roasted Potatoes</b>						
<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>
<b>Assorted Desserts</b>	<b>Blueberry Pound Cake</b>	<b>Lemon Bars</b>	<b>Brownies</b>	<b>Snicker Doodle Cookies</b>	<b>Raspberry Pound Cake</b>	<b>Pumpkin Pie</b>
<b>NSA Apple Pie</b>	<b>NSA Chocolate Pudding</b>	<b>NSA Peach Pie</b>	<b>NSA Lemon Cake</b>	<b>NSA Jell-O</b>	<b>NSA Cookies</b>	<b>NSA Apple Cake</b>

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	<b>Soup du Jour</b> Cream of Mushroom	<b>Soup du Jour</b> Chicken Mulligatawny	<b>Soup du Jour</b> Spinach and Artichoke (V)	<b>Soup du Jour</b> Acorn Squash	<b>Soup du Jour</b> New England Clam Chowder (G)	<b>Soup du Jour</b> Tomato Vegetable (V)
	<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>Boeuf Bourguignon GF</b> Tender Beef Tips with Mushrooms and Pearl Onions in a Red Wine Demi Glaze	<b>Entrees</b> <b>Beef Bolognese GF</b> Ground beef, aromatic vegetables, tomatoes, brown sauce and a touch of cream	<b>Entrees</b> <b>Fresh Catch</b> A Fresh Seafood Offering	<b>Entrees</b> <b>Indian Chicken Curry GF</b> Tender Chicken Thighs Stewed with Curry and Potatoes	<b>Entrees</b> <b>Filet of Sole Francaise</b> Lightly floured, and battered with an egg mixture	<b>Entrees</b> <b>Traditional Meatloaf</b> Classic preparation with a ketchup glaze
	<b>Chicken Cordon Bleu</b> Breaded chicken stuffed with ham and Swiss cheese and served with a mornay sauce	<b>Seafood Newburg GF</b> Shrimp, and Scallop sauteed in a Sherry cream sauce	<b>Calves Liver</b> Lightly seared, and topped with sauteed onions and sliced bacon	<b>Maple Glazed Pork Loin GF</b> Roasted and finished with a maple glaze	<b>Roasted NY Sirloin GF</b> Served with a Red Wine Sauce	<b>Chicken Marengo GF</b> Braised chicken thighs roasted peppers, onions, fresh herbs and a pan gravy
	<b>Ginger Orange Grilled Tofu</b> Grilled Tofu Steaks with a Ginger Orange Sauce	<b>Roasted Vegetable Cassoulet GF</b> Roasted Vegetables and White Beans in a tomato casserole	<b>Spinach and Mushroom Quiche</b> Spinach, Mushroom and Swiss cheese in a Flaky Pie Crust	<b>Caprese Flatbread</b> Fresh mozzarella, roasted tomato, and basil	<b>Grilled Mushroom Napoleon GF</b> Grilled portabella mushroom, zucchini, eggplant, tomatoes, and fresh mozzarella cheese drizzled with balsamic glaze	<b>Butternut Squash Ravioli</b> Squash veloute, chopped pecans and fresh sage
	<b>Accompaniments</b> <b>Sauteed Spinach &amp; Garlic</b> <b>Roasted Butternut Squash</b> <b>Brown Rice Pilaf</b>	<b>Accompaniments</b> <b>French Green Beans</b> <b>Steamed Vegetable Medley</b> <b>Pappardelle Pasta</b>	<b>Accompaniments</b> <b>Asparagus</b> <b>Vegetable Succotash</b> <b>Roasted Red Bliss Potatoes</b>	<b>Accompaniments</b> <b>Roasted Zucchini</b> <b>Parsnip and Carrot Melange</b> <b>Basmati Rice</b>	<b>Accompaniments</b> <b>Grilled Red Onions</b> <b>Creamed Spinach</b> <b>Baked Potato</b>	<b>Accompaniments</b> <b>Roasted Brussels Sprouts</b> <b>Carrots</b> <b>Parsnip Mashed Potatoes</b>
	<b>Desserts</b> <b>Chocolate Strawberry Cake</b> <b>NSA Lemon Cake</b>	<b>Desserts</b> <b>Chef's Fruit Selection</b> <b>NSA Blueberry Cake</b>	<b>Desserts</b> <b>Napoleon Cake</b> <b>NSA Cherry Pie</b>	<b>Desserts</b> <b>Housemade Bread Pudding</b> <b>NSA Cheesecake</b>	<b>Desserts</b> <b>Pecan Pie</b> <b>NSA Apple Pie</b>	<b>Desserts</b> <b>Tiramisu</b> <b>NSA Chocolate</b>