

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07/30/23	07/31/23	08/01/23	08/02/23	08/03/23	08/04/23	08/05/23
<b>Soup du Jour</b> Roasted Corn Chowder	<b>Soup du Jour</b> Carrot Ginger (V)	<b>Soup du Jour</b> Turkey , Vegetable and Couscous	<b>Soup du Jour</b> Black Bean Soup (V)	<b>Soup du Jour</b> Beef Vegetable	<b>Soup du Jour</b> Zucchini Margherita (V)	<b>Soup du Jour</b> 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>All American Hamburgers GFA</b>	<b>Kendal Pizza GFA</b>	<b>Grilled Kielbasa Sausage 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 Evo on a crusty Italian bread	Your choice of cheese served on a bun	Handmade Pizza's	Red Cabbage and Spicy Mustard on a toasted club roll
<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>Fried Chicken Wings</b>	<b>Breaded Cod</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	With Pepper Breading	Breaded Cod Filet
<b>Grilled Eggplant Flatbread</b>	<b>Grilled Tofu Pesto and Tomatoes</b>	<b>Broccoli and Cheddar Quiche</b>	<b>Teriyaki Glazed Cauliflower</b>	<b>Eggplant Rollatini</b>	<b>Grilled Beyond Sausage and Peppers GF</b>	<b>Spinach Ravioli</b>
Flatbread Topped with Eggplant, Mozzarella Cheese, Roasted Tomatoes, & Tomato Sauce	Pesto, roasted tomatoes, pine nuts and balsamic glaze	Broccoli, cheddar , and egg mixture in a pie shell	Battered cauliflower tossed in an Asian sauce	Breaded Eggplant with Ricotta Cheese	Beyond vegetarian sausage, onions, peppers, and tomatoes	Spinach ravioli tossed in a light tomato velouté
<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>Peas and Carrots</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 Rice</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>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>Cantaloupe</b>	<b>NSA Cinnamon Swirl</b>	<b>NSA Chocolate Cream Pie</b>	<b>NSA Jell-O</b>

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