

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07/18/21 Soup du Jour Broccoli & Cheddar Cheese Soup	07/19/21 Soup du Jour Minestrone (V)	07/20/21 Soup du Jour Chicken Soup with Rice	07/21/21 Soup du Jour Lentil Soup (V)	07/22/21 Soup du Jour Marinated Cham Chowder	07/23/21 Soup du Jour Hearty Vegetable (V)	07/24/21 Soup du Jour Chicken Noodle Soup
Entrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Cedar Plank Salmon GFA	Black Jack Burger GFA	Ruben Sandwich	Chicken Parmesan Wedge	Mediterranean Chicken Wrap GFA	Kendal Pizza GFA	Turkey Club Wrap
Glazed Whole Salmon Sides, Topped with a Tomato Caper Relish	Angus Beef Burger with Melted Jack Cheese, Lettuce, Tomato, Onion, and a Creole Mustard Mayonaise	Thinly Sliced Corned Beef, Swiss Cheese, Sauerkraut, & Thousand Island Dressing, Grilled on Rye Bread	Breaded Chicken, Tomato Sauce, and Mozzarella Cheese on a Wedge Roll	Grilled Chicken Breast, Kalamata Olives, Feta Cheese, Lettuce, Tomato, & Purple Onion with a Greek Vinaigrette Dressing in a Pita Shell	Handmade Pizza's	Sliced Turkey, Bacon, Lettuce, Tomato, & Mayonaise in a Wrap
Cheese Blintzes	Chicken, Watermelon, & Arugula Salad GF	Trio of Salads GF	Citrus Baked Sole GF	Fish & Chips	Chicken Wings GF	Rigatoni Bolognese
Served with a Berry Compote	Grilled Chicken over Fresh Arugula Tossed with Watermelon, Purple Onion, Almonds, and Mint Tossed	Egg Salad, Chicken Salad, and Tuna Salad over a bed of Field Greens	Sole Filets in a Light Citrus Cream Sauce	Battered White Fish Fried and Served with French Fries	Buffalo Style Chicken Wings	Pasta in a Creamy Meat Sauce
Assorted Omelets and Pancakes	Zoodles with Pesto	Penne Alfredo	Sweet & Sour Cauliflower	Three Sisters Stew GF	Grilled Portabella Mushroom Stack GF	Mushroom & Onion Quiche
	Fresh Zucchini Noodles with a Basil Sauce	Penne Pasta in a Creamy Sauce	Breaded Cauliflower in a Sweet & Sour Sauce	A vegetarian Stew with Corn, Beans, Tomatoes, Squash, & Herbs	Grilled Portabella Mushroom topped with Zucchini, Tomato, Eggplant, and Mozzarella, served with Balsamic Glaze	Flaky Pie Crust with Egg, Mushrooms, & Onions
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Bacon & Sausage Patties	Cole Slaw	Roasted Zucchini	Chef's Blend Vegetables	Steamed Broccoli	Mixed Vegetables	Vegetable Medley
Chef's Blend Vegetables	Roasted Potatoes	Potato Chips	Rice	French Fries	Potato Wedges	Sweet Potato Fries
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
Strawberry Rubarb Pie	Apple Sauce Blueberry Pound Cake	Cantaloupe Slices Lemon Bars	Plums Brownies	Grapes Snickers Doodle Cookies	Pears Raspberry Pound Cake	Mandarin Oranges Rice Pudding
NSA Apple Pie	NSA Chocolate Pudding	NSA Peach Pie	NSA Lemon Cake	NSA Jell-O	NSA Cookies	NSA Lemon Meringue Pie

DINNER

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07/18/21MONDAY
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	MONDAY 07/19/21	TUESDAY 07/20/21	WEDNESDAY 07/21/21	THURSDAY 07/22/21	FRIDAY 07/23/21	SATURDAY 07/24/21
Special Salad	Special Salad	Special Salad	Special Salad	Special Salad	Special Salad	Special Salad
Spinach, Quinoa, Berries, Honey Balsamic	Kale, Goat Cheese, Walnut, Cran, Rasp Vin	Wedge, Blue Cheese, Bacon, Creamy Parm	Corn & Black Bean, Lime Chimarré Vin	Asian Salad, Sesame Vinaigrette	Caprese Salad	
Soup du Jour	Soup du Jour	Soup du Jour	Soup du Jour	Soup du Jour	Soup du Jour	Soup du Jour
Tuscan Bean Soup (V)	Mushroom Bisque (V)	Mexican Tortilla Chicken Soup	Chilled Gaspacho Soup (V)	Greek Chicken Soup with Rice and Lemon	Summer Corn Soup (V)	
Entrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Chicken Oskar GFA	Pork Medallions	Branzino GF	Grilled Shrimp Nicoise Salad GF	Mussels Marinara	Pesto Crusted Arctic Char	
Sautéed Chicken Breast Topped with Crab Meat and Asparagus topped with Hollandaise Sauce	With green Chili Sauce	Mediterranean Sea Bass	Grilled Shrimp over a bed of Lettuce with Hard Cooked Egg and Herbol Vets. Served with a Champagne Vinaigrette Dressing	Fresh Mussels in a Brothy Tomato Sauce	Arctic Char with a Pesto Panko Topping	
Spaghetti Bolognese GFA	Carved Turkey Breast GF	Indian Chicken Curry GF	BBQ Brisket of Beef GF	Chicken Bruchetta GF	Beef Tips and Mushrooms in Burgundy GF	
Pasta Tossed with Homemade Meat Sauce	Served with Gravy or Cranberry Sauce	Tender Chicken Thighs Stewed with Curry and Potatoes	Basket Slow Cooked in a Tangy BBQ Sauce	Chicken Breast Topped with Fresh Tomato, Onion, Basil, and Fresh Mozzarella	Tender Beef Tips with Mushrooms and Pearl Onions in a Red Wine Demi Glaze	
Corn Cakes	Roasted Vegetable Risotto GF	Broccoli & Cheddar Quiche	Pappardelle with Mushrooms	Vegetable Moussaka	Ginger Orange Grilled Tofu GF	
Served with a Summer Salsa	Asparagus, Zucchini, Peppers, and Mushrooms in a Creamy Rice	Egg, Broccoli, and Cheese in a Flaky Pie Crust	In a Cream Sauce	Eggplant, Potatoes, Onions, Lentils, and spices in a Layered Casserole Topped with Bechamel Sauce	Grilled Tofu Steaks with a Ginger Orange Sauce	
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Sautéed Spinach & Garlic	Garlic Green Beans	Asparagus	Sautéed Escarole with Garlic	Roasted Pearl Onions	Sautéed Spinach	
Steamed Carrots	Steamed Cauliflower	Peppers & Onions	Corn O'Brien	Steamed Broccoli	Carrots	
WheatBerry Pilaf	Baked Sweet Potato	Coconut Rice	Roasted Potatoes	Cappellini	Truffle Mashed Potatoes	
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
Chocolate Mousse	Lemon Raspberry Cake	Chocolate Cake	Fruit of the Forest Pie	Strawberry Shortcake	Tiramisu	
NSA Red Velvet	NSA Apple Pie	NSA Cherry Pie	NSA Blueberry Pie	NSA Carrot Cake	NSA Cheesecake	