

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10/08/23	10/09/23	10/10/23	10/11/23	10/12/23	10/13/23	10/14/23
Soup du Jour Roasted Corn Chowder	Soup du Jour Carrot Ginger (V)	Soup du Jour Turkey , Vegetable and Couscous	Soup du Jour Black Bean Soup (V)	Soup du Jour Beef Vegetable	Soup du Jour Zucchini Margherita (V)	Soup du Jour Broccoli and Cauliflower
Entrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Chicken Francaise	Hot Pastrami GFA	Grilled Chicken Sandwich GFA	Caprese Sandwich GFA	All American Hamburgers GFA	Kendal Pizza GFA	Grilled Kielbasa Sausage GFA
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
Smoked Salmon GF	Chef's Salad GF	Steamed Clams and Mussels	Chicken Fajita GFA	Stuffed Chicken and Broccoli	Fried Chicken Wings	Breaded Cod
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
Grilled Eggplant Flatbread	Grilled Tofu Pesto and Tomatoes	Broccoli and Cheddar Quiche	Teriyaki Glazed Cauliflower	Eggplant Rollatini	Grilled Beyond Sausage and Peppers GF	Spinach Ravioli
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
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Bacon & Sausage Patties	Steamed Corn on the Cob	California Vegetables	Roasted Vegetables	Peas and Carrots	Pacific Vegetables	Coleslaw
Sauteed Carrots	Curly Fries	Kendal Potato Chips	Rice and Beans	Roasted Red Bliss Potatoes	Steamed Rice	Onion Rings
Roasted Yukon Gold Potatoes						
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
Assorted Desserts *	New York Cheesecake *	Chocolate Cake	Tres Leches Cake	Chocolate Chip Cookie	Sour Cream Coffee Cake	Blueberry Pound Cake
NSA Apple Cake	NSA Pudding	NSA Cookies	Cantaloupe	NSA Cinnamon Swirl	NSA Chocolate Cream Pie	NSA Jell-O

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