

SUNDAY 10/17/21	MONDAY 10/18/21	TUESDAY 10/19/21	WEDNESDAY 10/20/21	THURSDAY 10/21/21	FRIDAY 10/22/21	SATURDAY- 10/23/21
<b>Soup du Jour</b> Cream of Broccoli Soup	<b>Soup du Jour</b> Autumn Corn Chowder (V)	<b>Soup du Jour</b> Black Bean Soup (V)	<b>Soup du Jour</b> Potato and Cauliflower (V)	<b>Soup du Jour</b> Cream of Tomato	<b>Soup du Jour</b> Mexican Chicken Tortilla	<b>Soup du Jour</b> Lentil Soup
<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>
<b>Oven Roasted Turkey Breast GF</b> Served with Cranberry Sauce and Gravy	<b>Southwest Burger</b> Juicy Burger Topped with Lettuce, Tomato, Provolone Cheese, Fried Onions, & Bacon a Potato Bun with BBQ Sauce	<b>The CBT (Cheddar Bacon Tomato)</b> Cheddar cheese, bacon, tomato on sliced Rye bread	<b>Italian Roast Beef Sandwich</b> Roast Beef with Sharp Provolone and Peppers and Onions	<b>Turkey and Swiss Cheese Wrap GFA</b> With Lettuce, Tomato, Onions, and Honey Mustard	<b>Kendal Pizza</b> Al Forno Cheese Pizza	<b>Grilled Ham &amp; Cheese</b> Thinly Sliced Ham and American Cheese, Grilled on wheat Bread
<b>Eggs Benedict</b> Perfectly Poached Egg on Top of an English Muffin with Canadian Bacon finished with Hollandaise	<b>Grilled Chicken, Jicama and Orange</b> Grilled Chicken, Chopped Romaine Lettuce, Jicama, Peppers, Onions, Cilantro, and a Potato Bun with BBQ Sauce	<b>Texas Style Chili</b> A Mixture of Ground Beef, Spices, Chili's & Beans Slowly Cooked accompanied with rice	<b>Santa Fe Chicken Bowl</b> Grilled Chicken Tossed Together with Mixed Greens, Corn & Black Bean Salsa, Pico de Gallo, and a breadcrumb crust	<b>Spaghetti &amp; Meatballs</b> Pasta with Traditional Tomato Sauce and Meatballs	<b>Flounder Oregonata</b> Filet of Flounder Topped with Bread Crumbs Baked in White Wine & Lemon	<b>Roasted Chicken</b>
<b>Penne a la Vodka</b> Pasta with a Tomato Cream Sauce	<b>Baked Ziti</b> Ziti Pasta with Marinara Sauce, Mozzarella Cheese, and Ricotta; Baked	<b>Cavatelli &amp; Broccoli</b> Tossed with Parmesan Cheese, Garlic & Olive Oil	<b>Macaroni &amp; Cheese</b> Housemade cheese sauce, pasta and a breadcrumb crust	<b>Broccoli Cheddar Quiche</b> A Savory Battered Mixed Together with Cheddar Cheese & Broccoli Baked in a Pie Shell Till Golden Brown Served with a Side Salad	<b>Grilled Vegetable Stack GF</b> Grilled Eggplant, Zucchini, Squash & Tomato Finished with Mozzarella Cheese & Balsamic Glaze	<b>Bourbon Battered Cauliflower</b> Battered Cauliflower Fried Till Golden Brown Tossed Together in a Bourbon BBQ Sauce Served with a side of Ranch Dressing
<b>Accompaniments</b>	<b>Accompaniments</b>	<b>Accompaniments</b>	<b>Accompaniments</b>	<b>Accompaniments</b>	<b>Accompaniments</b>	<b>Accompaniments</b>
<b>Mixed Vegetables</b>	<b>Steamed Corn</b>	<b>Roasted Acorn Squash</b>	<b>Steamed Broccoli</b>	<b>Pacific Blend Vegetables</b>	<b>Spinach and Onions</b>	<b>Green Peas</b>
<b>Roasted Potatoes</b>	<b>Crinkle Cut Fries</b>	<b>Tater Tots</b>	<b>Brown Rice</b>	<b>Potato Chips</b>	<b>Orzo Pilaf</b>	<b>Sweet Potato Fries</b>
<b>Traditional Stuffing</b>						
<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>
<b>Chefs Choice Desserts</b>	<b>Chocolate Chip Cookies</b>	<b>Assorted Dessert Bars</b>	<b>Blondie</b>	<b>Poundcake</b>	<b>Brownies</b>	<b>Boston Cream Pie</b>
<b>NSA Brownie</b>	<b>NSA Cherry Pie</b>	<b>NSA Chocolate Pudding</b>	<b>NSA Chocolate Pie</b>	<b>NSA Je/1-0</b>	<b>NSA Vanilla Pudding</b>	<b>NSA Peach Pie</b>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10/17/21	10/18/21	10/19/21	10/20/21	10/21/21	10/22/21	10/23/21
	<b>Special Salad</b>	<b>Special Salad</b>	<b>Special Salad</b>	<b>Special Salad</b>	<b>Special Salad</b>	<b>Special Salad</b>
	Spinach, Quinoa, Berries, Honey Balsamic	Kale, Goat Cheese, Walnut, Cran, Rasp Vin	Wedge, Blue Cheese, Bacon, Creamy Parm	Corn & Black Bean, Lime Cilantro Vin	Asian Salad, Sesame Vinagrette	Caprese Salad
	<b>SoupduJour</b>	<b>Soup dfl Jour</b>	<b>SoupduJour</b>	<b>SoupduJour</b>	<b>SoupduJour</b>	<b>Soup duJour</b>
	Indian Tomato and Lentil (V)	Thai Coconut Curry Soup	Chicken and Sausage Gumbo	Acorn Squash Corn Chowder (V)	Seafood Chowder	Italian Wedding Soup
	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>	<b>Entrees</b>
	<b>Chimmichuri Steak GF</b>	<b>Mediterranean Citrus Chicken GF</b>	<b>Pork Prime Rib GF</b>	<b>Beef Brisket GF</b>	<b>Leg of Lamb GF</b>	<b>Beef Bourguignon GF</b>
	Grilled London Broil with a Cilantro Garlic Sauce	Chicken, Lightly seasoned and marinated in lemon and orange juice	Served with a Cherry Glaze	Slowly Braised Beef Brisket Cooked Till Fork Tender	Fresh Mint Pesto	Braised Beef , vegetables , redwine and a rich broth
	<b>Chicken Teriyaki</b>	<b>Roasted Salmon GF</b>	<b>Prince Edward Island Mussels GF</b>	<b>Chicken Marsala</b>	<b>Barramundi GF</b>	<b>Chicken Breast with Arugula Pesto</b>
	Marinated Chicken Thighs cooked in a Teriyaki glaze.	with Sundried Tomato and Caper Relish	with a Tomato and Herb Fumet	Chicken Breast sauteed with a Mushroom Marsala Sauce	Served with a Citrus Vinargrette	French Cut Chicken Breast with an Arugula Pesto
	<b>Caramelized Onion and Gruyere Quiche</b>	<b>Vegetable Korm.a</b>	<b>Zucchini Pancakes</b>	<b>Ratatouille with White Beans GF</b>	<b>Moroccan Chickpea and Apricot Tangine</b>	<b>Tandori Cauliflower Steak GF</b>
	Savory Egg Batter Mixed Together with Caramelized Onion & Gruyere Cheese Baked in a Pie Shell	Indian Vegetable Stew Topped with Cashews	Topped with a Greek Yougurt Tahini Sauce	Classic dish wit the addition of hearty white beans	Pungent Spice5, Fresh Herbs, Toasted Almonds	Served with a Vegetable Raita
	<b>Accompaniments</b>	<b>Accompaniments</b>	<b>Accompaniments</b>	<b>Accompaniments</b>	<b>Accompaniments</b>	<b>Accompaniments</b>
	<b>Steamed Broccoli Cauliflower and Carrots</b>	<b>Roasted Butternut Squash</b>	<b>Sauteed Baby Bok Choy</b>	<b>Parmesan Roasted Cauliflower</b>	<b>Sauteed Spinach</b>	<b>Steamed Asparagus</b>
	<b>Sauteed Mushrooms</b>	<b>French Beans</b>	<b>Sauteed Carrots</b>	<b>Roasted Bruss/es Sprouts</b>	<b>Roasted Autumn Vegetables</b>	<b>Roasted Pearl Onions</b>
	<b>Barley Pilaf</b>	<b>Basmati Rice</b>	<b>Mashed Potatoes</b>	<b>Asparagus Risotto</b>	<b>Herb Infused Fingerling Potatoes</b>	<b>Au Gratin Potatoes</b>
	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>
	<b>Brownie Cheesecake</b>	<b>Apple and Raisin Strudel</b>	<b>Pecan Pie</b>	<b>Cannoli Cake</b>	<b>Tiramisu</b>	<b>Pumpkin Pie</b>
	<b>NSA Apple Pie</b>	<b>NSA Blueberry Pie</b>	<b>NSA Strawberry</b>			