

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10/16/22	10/17/22	10/18/22	10/19/22	10/20/22	10/21/22	10/22/22
Soup du Jour Potato Leek	Soup du Jour Lentil (V)	Soup du Jour Chicken and Mushroom	Soup du Jour Minestrone (V)	Soup du Jour Cream of Broccoli	Soup du Jour Vegetable (V)	Soup du Jour Corn Chowder (G)
Entrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Roasted Turkey Breast	Classic Rubeen Sandwich GFA	Roasted Turkey Panini GFA	Bacon and Swiss Burger GFA	Ham and Cheese Melt GFA	Kendal Pizza	Steak and Cheese GFA
Slow roasted and served with cranberry sauce and pan gravy	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
Smoked Salmon	Greek Salad with Grilled Chicken	Southern Style Chili	Cyprus Chicken GF	Grilled Chicken BLT Salad	Fish of the Day	Chicken Tenders
Served with Hard Cooked Egg, Onions, and Capers	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
Eggplant Rollatini	Southwestern Cauliflower "Rice"	Vegetable Empanadas	Pasta Primavera	Vegetarian Chili	Tofu Stir Fry	Cheese Ravioli
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
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Bacon & Sausage Patties	Steamed Sweet Peas	Butternut Squash	Steamed Broccoli	Coleslaw	Green Beans	Roasted Root Vegetable Blend
Steamed Broc/Carrot/Cauli	Tater Tots	Potato Chips	Steak Fries	Potato salad	Jasmine Rice	Curly Fries
Mashed Potatoes						
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
Assorted Desserts	Blueberry Pound Cake	Lemon Bars	Brownies	Snicker Doodle Cookies	Raspberry Pound Cake	Pumpkin Pie
NSA Apple Pie	NSA Chocolate Pudding	NSA Peach Pie	NSA Lemon Cake	NSA Jell-O	NSA Cookies	NSA Apple Cake

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