

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10/30/22	10/31/22	11/01/22	11/02/22	11/03/22	11/04/22	11/05/22
Soup du Jour Cream of Asparagus (V)	Soup du Jour Vegetable Gumbo (V) (G)	Soup du Jour Corn Chowder (G)	Soup du Jour Cream of Mushroom	Soup du Jour Chicken Tortilla Soup	Soup du Jour Tomato Soup	Soup du Jour Vegetable (V)
Entrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Shrimp Scampi GF	Chicken Salad Croissant GFA	Crispy Fish Sandwich	Club Sandwich GFA	Greek Salad Pita Pockets with Grilled Chicken GFA	Kendal Pizza GFA	Tuna Melt GFA
Shrimp with Garlic, White Wine, and Butter Served with Linguini	Served with Boston Lettuce on a Toasted croissant	Breaded fish on a toasted bun with tartar sauce, lettuce and tomato	Ham, turkey, lettuce, tomato, cheddar cheese, bacon and mayo	Tomatoes, cucumbers, olives. Feta cheese, Greek dressing, grilled chicken	Assorted Pizzas, Made to Order	Toasted English muffin topped with tuna salad and Swiss cheese
Omelets, Pancakes, and French toast	Creamy Pesto Shrimp	BBQ Chicken GF	Asian Meatballs	BLT Hot Dogs	Arther Ave Baked Ziti	Pork Stir fry
Made to Order	Shrimp and Pasta Tossed in a Sauce with Basil, Garlic, Pine Nuts, and Olive Oil	Chicken thighs coated with BBQ sauce	Tossed in a teriyaki glaze	Bacon, shredded lettuce, tomatoes	Italian sausage, tomato sauce, ricotta cheese, mozzarella and parmesan cheese	Baby Bok choy, onions, peppers, carrots, water chestnuts
Cheese Blintzes	Vegetable Samosa	Macaroni and Cheese	Curry Vegetable Stew GF	Beyond Sausage and Peppers GF	Roasted Corn and Black Bean Quesadilla	Battered Cauliflower
Served with a Berry Compote	Curried potatoes and peas wrapped in pastry	Pasta with a rich Cheese Sauce	Vegetables and peas cooked in a coconut curry sauce	Beyond sausage, onions and peppers in a tomato sauce	With cheddar and jack cheese in an 8" tortilla	Tossed in a Bourbon Sauce
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Bacon & Sausage Patties	Sauteed Zucchini	Green Beans	Steamed Broccoli	Roasted Cauliflower	Roasted Vegetables	Pacific Blend Vegetables
Steamed Broccoli and Carrots	Potato Chips	Onion Rings	White Rice	Herb Potatoes	Tomato Focaccia Bread	Rice Pilaf
Linguini						
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
Chefs Choice Dessert	Toasted Almond Cake	NY Cheesecake	Cookies	Pumpkin Pie	Chocolate Chip Brownie	Tiramisu
NSA Peach Pie	NSA Chocolate Cream pie	NSA Jell-O	NSA Chocolate Pudding	NSA Brownie	NSA Lemon Meringue Pie	NSA Vanilla Pudding

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	Soup du Jour Butternut Squash	Soup du Jour Lentil (V)	Soup du Jour Broccoli and Cheddar (V)	Soup du Jour Beef Barley (G)	Soup du Jour Chicken Noodle (G)	Soup du Jour Black Bean Soup (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 Cypress Chicken GF	Entrees Seafood Cake	Entrees Roasted Turkey GF	Entrees Corned Beef GF	Entrees Fresh Catch	Entrees Cider Braised Pork Shoulder GF
	Boneless chicken breast sauteed then topped with a tomato sauce and topped with mozzarella cheese	Blend of crabmeat, scallop, and shrimp	Slow roasted and served with a pan gravy	Slowly Braised Corned Beef Served with Green Cabbage	A Fresh Seafood Offering	Slow cooked pork, aromatic vegetables and a brown sauce
	Asian Glazed Pork Loin	Pot Roast GF	Coriander Roasted Tilapia GF	Seared Chicken Breast GF	Beef Stroganoff	Broccoli Stuffed Chicken
	Roasted pork loin with a teriyaki glaze	Slow Braised beef with aromatic vegetables and a brown sauce	Cilantro and garlic seasoned fish with a Thai Fumet	Herb marinated and seared then topped with a sundried tomato mushroom demi glaze	Tender Beef Stew with Sour Cream, served with Egg Noodles	Breaded chicken stuffed with broccoli and cheese
	Eggplant and White Bean Caponata GF	7 Vegetable and Chickpea Tagine GF	Butternut Squash Lasagna	Blue Cheese and Roasted Grape Flatbread	Mediterranean Couscous	Paneer Tikka Masala (GF)
	Pan roasted eggplant, onions, tomatoes and white beans	Vegetables, Beans, Rice, and Southern Spices	Roasted butternut squash, ricotta cheese, and spinach layered on pasta sheets	Blue cheese, roasted grapes, red onions, extra virgin olive oil and pomegranate molasses	Saffron, dried apricots, and toasted almonds	Paneer cheese marinated and cooked in a tomato gravy with Indian spices
	Accompaniments Asparagus	Accompaniments Green Bean Casserole	Accompaniments Sauteed Spinach	Accompaniments Carrots	Accompaniments Red and Golden Beets	Accompaniments Roasted Onions
	Sauteed Mushrooms	Roasted Cauliflower	Roasted Root Vegetables	Cabbage	Green Beans	Brussels Sprouts
	Jasmine Rice	Risotto	Mashed Potatoes	Boiled Potatoes	Roasted Sweet Potatoes	Basmati Rice
	Desserts Cupcakes	Desserts Fresh Fruit	Desserts Chocolate Cake	Desserts Tuxedo Cake	Desserts Specialty Crème Brulee	Desserts Specialty Crème Brulee
	NSA Lemon Cake	NSA Apple Pie	NSA Blueberry Pie	NSA Cheesecake	NSA Cinnamon Swirl Cake	NSA Chocolate Cake