

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07/16/23	07/17/23	07/18/23	07/19/23	07/20/23	07/21/23	07/22/23
Soup du Jour Crab Bisque (G)	Soup du Jour Sausage, White Bean, and Kale	Soup du Jour Italian Wedding (G)	Soup du Jour Vegetable Barley (G) (V)	Soup du Jour Mexican Chicken Tortilla	Soup du Jour Mulligatawny with Lentils (V)	Soup du Jour Potato Leek Soup
Entrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Carved Roasted Turkey	Tuna Melt	Turkey BLT GFA	Buffalo Chicken Wrap	Hot Roast Beef Sandwich GFA	Kendal Pizza GFA	Grilled Turkey and Swiss
Whole Roasted Carved Turkey	Tuna Salad on an English Muffin with American Cheese	Turkey with Bacon, Lettuce, Tomato, and Mayonnaise on Sliced White Toast	Breaded Chicken Tenders Tossed in Hot Sauce with Bleu Cheese Dressing, Lettuce and Tomatoes	Slow Cooked Sliced Beef, Gravy, Provolone	Handmade Pizza's	with Tomato on Sourdough Bread
Traditional Lasagna	Texas Style Chili	BBQ Pork Wings	Tortilla Crusted Tilapia	Chicken Fingers	Caribbean Curry Chicken GF	Beer Battered Fish
Ground Beef, Ricotta Cheese, Tomato Sauce, and Mozzarella Cheese	Beef, Peppers, Onions, and Beans Slow Cooked With Southern Spices	Mini Pork Shanks in BBQ Sauce	Tilapia Filet with a Crisp Corn Crust	Breaded Chicken Tenders	West Indian Style Chicken with Toasted Spices	Battered Cod served with Tartar Sauce
Grilled Vegetable Tower GF	Vegetable Samosas	White Bean and Sundried Tomato Gnocchi	Spinach, Feta, and Red Onion Quiche	Stuffed Pasta Shells	Kale and Vegetable Dumplings	Vegetable and White Bean Ratatouille
Stacked Grilled Vegetables with Cheese	Curried Potato and Vegetable in a Pastry Dough	White Beans, Sundried Tomatoes, Spinach, and Gnocchi Pasta in a Light Velouté	Spinach, Feta Cheese, and Onions, and Eggs With a Pie Crust	Pasta Filled with Ricotta Cheese with Tomato Sauce and Mozzarella Cheese	Served with Scallions	Zucchini, yellow squash, onions, eggplant and tomatoes cooked with white beans
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Bacon & Sausage Patties	Peas and Carrots	Cut Corn	Pacific Vegetables	Steamed Broccoli	Sweet Plantains	Green Beans
Steamed Broccoli and Carrots	Potato Chips	Tater Tots	Rice	French Fries	Rice and Beans	Cole Slaw
Mashed Potatoes						
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
		#REF!				
Chef's Choice Desserts	Brownies	Cookies	Coffee Cake	Poundcake	Apple Pie	Chocolate Cake
NSA dessert	NSA Cookies	NSA Blondie	NSA Jell-O	NSA Peach Pie	NSA Chocolate Pie	NSA Vanilla Pudding

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	Soup du Jour Cream of Broccoli	Soup du Jour Mushroom Bisque (V)(G)	Soup du Jour Tomato Basil (V)	Soup du Jour Chicken Vegetable	Soup du Jour Corn Chowder (G)	Soup du Jour Zucchini Margherita (V)
	Special Salad Mediterranean Quinoa	Special Salad Kendal Spring	Special Salad Superfood Kale	Special Salad Baby Arugula	Special Salad Caprese	Special Salad Classic Wedge
	Entrees Grilled Chicken Sandwich GFA Chicken Breast, Sundried Tomato Pesto Aioli, Mozzarella Cheese and Bib Lettuce	Entrees Roasted Pork Loin GF Tender Pork Loin Marinated with Herbs and Spices	Entrees Chicken Madeira Chicken Thighs Marinated and Slow Roasted with a Madeira Mushroom Demi Glace	Entrees Carved NY Sirloin GF	Entrees Greek Grilled Chicken Salad GF with Lettuce, Tomato, Red Onions, Cucumbers, Olives, Feta Cheese and Greek Dressing	Entrees Beef Quesadilla Tender Marinated Beef, Tomato and Onion Salsa, & Cheddar Jack Cheese, Grilled in a Tortilla Shell. Sour Cream and Salsa on
	Beef Tagine GF Beef Filet Tips, Aromatic Vegetables, Chickpeas, Apricots and Toasted Spices	Fresh Catch GF	Classic Bolognese GF Ground Beef, Aromatic Vegetables, and a Rich Tomato Sauce	Barramundi GF Pan Roasted with a Saffron Sauce	Seafood Vol Au Vent Shrimp and Scallops in a Sherry Wine Sauce with Puff Pastry	Sweet & Sour Pork GF Pork, Pineapple, Peppers, and Onions in a Sweet and Sour Sauce
	Mushroom and Onion Quiche Egg, Mushrooms, Onions, and Swiss Cheese	Kendal Margherita Flatbread with Roasted Tomatoes, Fresh Mozzarella, Fresh Basil and Balsamic Glaze	Grilled Orange Sesame Tofu GF Grilled Tempeh with Orange Sesame Sauce and Garnished with Oranges and Scallions	Mediterranean Zucchini Cakes GFA Shredded Zucchini Cakes with a Tzatziki	Lasagna Florentine Spinach, Mushrooms, Ricotta, and Tomato Sauce	Polenta Parmesan GF Baked Polenta with Mozzarella and Tomato Sauce
	Accompaniments Sauteed Kale	Accompaniments Sweet Green Peas	Accompaniments Garlic Green Beans	Accompaniments Sauteed Spinach	Accompaniments Summer Squash Mélange	Accompaniments Steamed Broccoli
	Roasted Parsnips	Roasted Cauliflower	Roasted Beets	Carrots	Blistered Cherry Tomatoes	Roasted Vegetables
	Sweet Potato Fries	Basmati Rice	Fettuccine	Twice Baked Potatoes	Barley Pilaf	Jasmine Rice
	Desserts Cookie Dough Cake	Desserts Strawberry Crunch Parfait Cake	Desserts Chocolate Mousse Cheesecake	Desserts Crumb Cake	Desserts Mixed Berry Crisp	Desserts Indian Rice Pudding
	NSA Peach Pie	NSA Chocolate Cake	NSA Lemon Cake	NSA Blondie	NSA Jell-O	NSA Cheesecake