

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07/02/23	07/03/23	07/04/23	07/05/23	07/06/23	07/07/23	07/08/23
Soup du Jour Split Pea (V)	Soup du Jour Vegetable Barley (V) (G)	Soup du Jour Gazpacho	Soup du Jour Beef and Cabbage	Soup du Jour Tomato	Soup du Jour Manhattan Clam Chowder G	Soup du Jour Chicken Mulligatawny
Entrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Roasted New York Sirloin of Beef GF Peppercorn Sauce	Meatball Hero Meatballs in a Tomato Sauce with Cheese on a Hero Roll	Hot Dogs/ Hamburgers	Turkey Club Wrap GFA Sliced Turkey, Bacon, Lettuce, Tomato, & Mayonnaise in a Wrap	BBQ Chicken Sandwich GFA Slow cooked pulled chicken, BBQ sauce, and sauteed onions, on a club roll	Kendal Pizza GFA Handmade Pizza's	Cuban Sandwich GFA Pulled pork, sliced ham, Swiss cheese, sliced pickles, mustard on a fresh baked roll
Eggs Benedict Hollandaise, Canadian bacon. English muffin	Pork Dumplings Marinated pork and asian vegetables in a crispy wrapper tossed in sesame oil and scallions	BBQ Chicken	Beef Tacos GFA Ground beef, shredded lettuce, tomatoes, cheddar cheese, sour cream, salsa, soft flour tortilla	Fish of the Day Preparation Changes	Chicken Wings GF with herb and garlic	Bacon and Cheddar Potato Skins GF Baked potato skins, cheddar cheese, and bacon with a side of sour cream
Stuffed Shells Shell Shaped Pasta, filled with Ricotta Cheese, with Tomato Sauce	Stuffed Portabello Mushroom GF Grilled Portabello Mushroom topped with spinach, onions, roasted peppers, and sliced mozzarella cheese	Gardenburger	Grilled Vegetable Tower GF Grilled eggplant, zucchini, peppers, yellow squash, and fontina cheese	Vegetable Lasagna Spinach, mushrooms, ricotta cheese, and tomato sauce	Quinoa and Roasted Vegetable Ragout GF Mixed Vegetables Roasted with Quinoa in a Tomato Stew	Vegetable Frittata GF Spinach, tomatoes, red onions, and Swiss cheese
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Bacon & Sausage Patties	Steamed Broccoli	Corn on the Cob	Chef's Blend Vegetables	Cole Slaw	Steamed Corn	Green Beans
Haricot Verts	Tater Tots	Coleslaw	Steamed White Rice	Roasted Potatoes	Crispy Potato Wedges	Kendal Potato Chips
Lyonnaise Potatoes		Potato Wedges				
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
Assorted Desserts	Blueberry Pound Cake	Watermelon	Brownies	Snicker Doodle Cookies	Raspberry Pound Cake	Carrot Cake
NSA Apple Pie	NSA Chocolate Pudding	NSA Blondie	NSA Lemon Cake	NSA Jell-O	NSA Cookies	NSA Cherry Pie

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	Soup du Jour Minestrone (V) (G)		Soup du Jour Shrimp and Corn Chowder (G)	Soup du Jour Black Bean (V)	Soup du Jour Three Onion and Farro	Soup du Jour Parsnip and Sweet Potato (V)
	Special Salad		Special Salad	Special Salad	Special Salad	Special Salad
	Mediterranean Quinoa		Superfood Kale	Baby Arugula	Caprese	Classic Wedge
	Entrees		Entrees	Entrees	Entrees	Entrees
	Grilled Shrimp Caesar Salad GFA		Filet of Sole GFA	Chicken Curry GF	Lamb Burgers GFA	Traditional Meat Loaf
	Grilled Shrimp over Romaine Lettuce side of caesar dressing and topped with croutons and shaved parmesan cheese		Lightly floured and sauteed to order served with lemon butter sauce	Chicken thighs, toasted spices, coconut milk and potatoes	Ground lamb, feta cheese, seasonings on a potato bun	Ground beef, bread crumbs, onions, seasoning and a ketchup glaze
	Mediterranean Chicken GF		Chicken Cordon Blue	Beef and Broccoli	Pan Seared Salmon GF	Braised Pork Shanks GF
	Chicken thighs, green olives, lemons, and fresh cilantro		Breaded chicken stuffed with Swiss cheese and ham and served with a Mornay Sauce	Tender beef cooked in an Asian sauce and tossed with broccoli	Lemon Caper Sauce	Bone in pork shanks slow cooked with aromatic vegetables and mushrooms
	Quinoa and Corn Cakes		White Bean and Sundried Tomato Gnocchi	Sweet and Sour Tofu GF	Lentil Stuffed Portobello Mushrooms GF	Artichoke, Roasted Tomato and Pesto Flatbread
	Served with a Pico De Gallo		White beans, sundried tomatoes, spinach, and gnocchi in a light creamy vegetarian velouté	Crispy tofu tossed with peppers, onions, and pineapples in a sweet and sour sauce	Lentils, tomatoes. Gluten free breadcrumbs and seasonings baked on a portobello mushroom	Marinated artichokes, roasted tomatoes, fresh mozzarella, and pesto
	Accompaniments		Accompaniments	Accompaniments	Accompaniments	Accompaniments
	Sauteed Spinach		Asparagus	Baby Bok Choy	Steamed Broccoli	Garlic Green Beans
	Red Beets		Roasted Parsnips	Roasted Pearl Onions	Steamed Carrots	Steamed Vegetable Medley
	Roasted Sweet Potatoes		Farro Risotto	Basmati rice	Onion Rings	Sour Cream Mashed Potatoes
	Desserts		Desserts	Desserts	Desserts	Desserts
	Memphis Drizzle Cake		Fresh Fruit	Tiramisu	Key Lime Pie	Limoncello Mascarpone Cake
	NSA Chocolate cake		NSA Cheesecake	NSA Lemon Cake	NSA Blueberry Cake	NSA Apple Pie