

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10/01/23	10/02/23	10/03/23	10/04/23	10/05/23	10/06/23	10/07/23
Soup du Jour Carrot Ginger (V)	Soup du Jour Tomato Basil Soup (V)	Soup du Jour Spring Vegetable (V)	Soup du Jour Lentil Soup (V)	Soup du Jour Beef Barley	Soup du Jour Minestrone (V) (G)	Soup du Jour Chicken Noodle (G)
Entrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Mustard Glazed Salmon GF	Bash Burger GFA	Ham and Smoked Gouda Sandwich GFA	Roast Beef Wrap GFA	Chorizo and Chicken Quesadilla	Kendal Pizza GFA	Grilled C.B.T Sandwich GFA
Honey Mustard Glazed with a Tomato Caper Relish	Beef Burger Topped with American Cheese, Bacon Jam, Pickles and Mayonnaise Sauce	Herb Aioli on Grilled Sour Dough Bread	Roast beef, lettuce, tomato and horseradish sauce	Flour Tortilla, Pepper, Onions Mexican Cheese, and sour cream	Handmade Pizza's	Cheddar, Bacon and Tomato on White Bread
Eggs Benedict	Cajun Shrimp Pasta	Chicken Cobb Salad GF	Grilled Chicken Sausage	Baked Tilapia GF	Buffalo Chicken Wings	Chicken Fingers
Poached Eggs over an English Muffin, topped with Hollandaise Sauce	Parmesan Cream Sauce, Onions, Peppers, Celery, Tomatoes, and Spinach	Grilled Chicken, Crumbled Bleu Cheese, Hard Boiled Eggs, Tomatoes, Crumbled Bacon, & Avocado over	Roasted apples and fennel served on a light chicken velouté	Baked Tilapia Filet	Chicken wings tossed in Hot sauce served with a side of blue cheese dressing	With Honey Mustard and BBQ Sauce
Manicotti	Three Bean Chili GF	Kendal Pasta	French Onion Quiche	Tofu Stir Fry	Stuffed Portabella Mushrooms GF	Cheese Ravioli
Pasta Stuffed with Ricotta Cheese then topped with Tomato Sauce and Mozzarella Cheese	served with tortilla chips	Sundried tomatoes, pesto, pinenes, EVOO, and shaved parmesan cheese	Caramelized Onions and Gruyere cheese, and Egg custard baked in a Tart Shell	Tofu with Stir Fry Vegetables	Spinach, Tomatoes and Provolone Cheese with a Tomato Coulis	Tomato Cream Sauce
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Bacon & Sausage Patties	Green Beans	Steamed Broccoli	Cole Slaw	Steamed Corn	Pacific Blend Vegetables	Steamed Carrots
Steamed Asparagus	Crispy Potato Wedge	Sweet Potato Fries	Barley Pilaf	Yellow Rice	Oven Roasted Potatoes	French Fries
Lyonnaise Potatoes						
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
French Toast Bread Pudding	Carrot Cake	Lemon Pound Cake	Snickerdoodle Cookies	Fresh Pineapple	Black Forest Cake	Chocolate Chip Brownies
NSA Blondie	NSA Chocolate Cream Pie	NSA Cherry Cake	NSA Cinnamon Swirl	NSA Jell-O	NSA Cookies	NSA Blondie

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Soup du Jour Chicken, Sausage and White Bean	Soup du Jour Pasta Fagiola (V) (G)	Soup du Jour Mushroom & Truffle Bisque	Soup du Jour Mexican Chicken Tortilla	Soup du Jour Connecticut Clam Chowder	Soup du Jour Italian Wedding	
Special Salad Mediterranean Quinoa	Special Salad Kendal Spring	Special Salad Superfood Kale	Special Salad Baby Arugula	Special Salad Caprese	Special Salad Classic Wedge	
Entrees Chicken Marsala Chicken Breast and Mushrooms, with a Marsala Wine Sauce	Entrees Spring Lamb Ragout GFA Slow Cooked Lamb with Tomato, served with Pappardelle Pasta	Entrees Fresh Catch GF A fresh Seafood Offering	Entrees Warm Steak Salad GFA Grilled Steak Served over a Bed of Greens with Tomato, Crispy Onions, and Bleu Cheese	Entrees BBQ Pork Ribs Slow Cooked Ribs with a Traditional BBQ Sauce	Entrees Bourbon Chicken GF Chicken thighs cooked till tender and tossed in a bourbon sauce	
New England Baked Cod GF Light Shellfish Velouté, Aromatic Vegetables, Chopped Bacon	Sesame Chicken Lightly battered chicken, tossed in a sesame garlic sauce	Roasted Pork Loin GF Spice Rubbed Tender Pork, Black Bean and Mango Salsa	Coconut Shrimp Coconut Breaded Shrimp with a Tangy Sauce	Lemon and Herb Roasted Turkey Fresh Herb and lemon marinated turkey with a light pan sauce	Beef Fajitas GFA Strips of Beef, onions, peppers, tomato salsa. Sour cream and flour tortillas	
Grilled Peach Flatbread Grilled peaches, sauteed shallots, goat's cheese, shredded mozzarella, balsamic reduction and baby arugula	Vegetable Pancakes GFA Served with Dill Yogurt	Pesto Pasta and Beyond Beyond Sausage, Sundried Tomatoes, Pine Nuts, Pesto, Shaved Parmesan Cheese	Vegetable Moussaka Eggplant, Potatoes, Lentils, Tomatoes Bechamel Sauce	Asparagus, Onion & Goat Cheese Tart Vegetables and goat's cheese cooked in a savory pastry shell	Butter Bean and Roasted Tomato Ragout GF Butter beans, roasted tomatoes, and aromatic vegetables	
Accompaniments Rainbow Swiss Chard Carrots Roasted Potatoes	Accompaniments Stir Fry Vegetables Steamed Cauliflower Jasmine Rice	Accompaniments Garlic Infused Zucchini Roasted Cherry Tomatoes Saffron Risotto	Accompaniments Sauteed Spinach Roasted Vegetables Quinoa and Brown Rice Pilaf	Accompaniments Braised Green Cabbage Golden Beets Yukon Gold Mashed Potatoes	Accompaniments Steamed Broccoli Corn Crispy Potato Wedge	
Desserts Tiramisu NSA Cherry Pie	Desserts Key Lime Pie NSA Jell-O	Desserts Watermelon NSA Chocolate Pudding	Desserts Chocolate Cake NSA Chocolate Cream Pie	Desserts House made Peach Crisp NSA Lemon Cake	Desserts Fresh Fruit NSA Blueberry Cake	