

# Weekly Menu

March 24th – March 30th, 2025

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY   |
|--|---|--|--|---|--|--|
| <p><u>SOUPS</u></p> <p>Italian Vegetable<br/><i>50cal 2g sugar</i></p> <p>Split Pea Soup<br/><i>45cal 1g sugar</i></p>   | <p><u>SOUPS</u></p> <p>Italian Vegetable<br/><i>50cal 2g sugar</i></p> <p>Turkey and Wild<br/>Rice Soup<br/><i>80cal 1g sugar</i></p>   | <p><u>SOUPS</u></p> <p>Italian Vegetable<br/><i>50cal 2g sugar</i></p> <p>Cream of Celery<br/>Soup<br/><i>60cal 5g sugar</i> </p>   | <p><u>SOUPS</u></p> <p>Italian Vegetable<br/><i>50cal 2g sugar</i></p> <p>Tomato Soup<br/><i>50cal 3g sugar</i></p>  | <p><u>SOUPS</u></p> <p>Italian Vegetable<br/><i>50cal 2g sugar</i></p> <p>Seafood Chowder<br/><i>190cal 6g sugar</i>   </p>  | <p><u>SOUPS</u></p> <p>Italian Vegetable<br/><i>50cal 2g sugar</i></p> <p>Borscht<br/><i>90cal 2g sugar</i></p>  | <p><u>SOUPS</u></p> <p>Italian Vegetable<br/><i>50cal 2g sugar</i></p> <p>Corn Chowder<br/><i>10cal 6g sugar</i> </p>   |
| <p><u>LUNCH</u></p> <p>Spinach &amp;<br/>Mushroom Ravioli,<br/>Rose Bolognese<br/><i>240cal 6g sugar</i>   </p> <p>OR</p> <p>Chicken Pot Pie<br/><i>430cal 7g sugar</i>  </p> | <p><u>LUNCH</u></p> <p>Shrimp Aglio Olio,<br/>Greens Salad<br/><i>820cal 4g sugar</i>  </p> <p>OR</p> <p>Croque Madame<br/>Sandwich, Fries<br/><i>710cal 5g sugar</i>  </p> | <p><u>LUNCH</u></p> <p>Grilled Chicken<br/>Breast, Cottage<br/>Cheese, Mango &amp;<br/>Pineapple Sticks<br/><i>220cal 21g sugar</i> </p> <p>OR</p> <p>Hearty Beef &amp;<br/>Bean Chili, Soft Bun<br/><i>160cal 3g sugar</i></p> | <p><u>LUNCH</u></p> <p>Salmon Burger,<br/>Sweet Potato Fries<br/><i>830cal 13g sugar</i>   </p> <p>OR</p> <p>Sausage Jambalaya<br/><i>390cal 6g sugar</i></p> | <p><u>LUNCH</u></p> <p>Caesar Wrap, Fries<br/><i>740cal 0g sugar</i>    </p> <p>OR</p> <p>Seafood Cake,<br/>Greens Salad<br/><i>370cal 3g sugar</i>    </p> | <p><u>LUNCH</u></p> <p>Macaroni &amp; Cheese<br/><i>300cal 4g sugar</i>   </p> <p>OR</p> <p>Sloppy Joe Beef<br/>Sandwich, Potato<br/>Salad<br/><i>460cal 6g sugar</i>  </p> | <p><u>LUNCH</u></p> <p>Hawaiian Pita<br/>Pizza<br/><i>320cal 9g sugar</i>  </p> <p>OR</p> <p>Smoked Salmon<br/>on Bagel with<br/>Cream Cheese<br/><i>430cal 3g sugar</i>   </p> |
| <p><u>DESSERT</u></p> <p>Apple Dumplings<br/><i>320cal 34g sugar</i>  </p>   | <p><u>DESSERT</u></p> <p>Fresh Fruit with<br/>Almond Custard<br/><i>200cal 31g sugar</i>   </p>  | <p><u>DESSERT</u></p> <p>Chocolate Mousse<br/><i>420cal 30g sugar</i>  </p>  | <p><u>DESSERT</u></p> <p>Macaroon Bar<br/><i>280cal 26g sugar</i>   </p>  | <p><u>DESSERT</u></p> <p>Mandarins and<br/>Whipped Cream<br/><i>130cal 16g sugar</i> </p>  | <p><u>DESSERT</u></p> <p>Brie and Apricot<br/>Puff Pastry<br/><i>350cal 8g sugar</i>   </p>   | <p><u>DESSERT</u></p> <p>Blueberry Buckle<br/><i>280cal 26g sugar</i>   </p>  |

Soup, Greens Salad or Caesar Salad Available with Lunch and Dinner, Followed by In House Made Dessert

# Weekly Menu

March 24th – March 30th, 2025

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY<br>Indian Theme Dinner  | SATURDAY  | SUNDAY   |
|---|--|--|--|--|---|--|
| <p><u>DINNER</u><br/>Honey Mustard Pork Chops<br/><i>190cal 7g sugar</i> </p> <p>OR</p> <p>Swiss Steak with Mushroom Sauce<br/><i>240cal 1g</i></p> | <p><u>DINNER</u><br/>Roasted Herbed Chicken Drumsticks<br/><i>250cal 0g</i></p> <p>OR</p> <p>Seared Salmon, Dill Sauce<br/><i>170cal 2g sugar</i> </p> | <p><u>DINNER</u><br/>Italian Beef &amp; Lamb Polpettone<br/><i>370cal 9g sugar</i> </p> <p>OR</p> <p>Sole Meuniere<br/><i>160cal 0g sugar</i> </p> | <p><u>DINNER</u><br/>Creamy Mushroom Garlic Chicken with Egg Noodles<br/><i>190cal 1g sugar</i> </p> <p>OR</p> <p>Veal Scaloppini, Marsala Sauce<br/><i>350cal 35g</i></p> | <p><br/><u>DINNER</u><br/>Amritsari Haddock<br/>Indian Style Battered Fish<br/></p> <p>OR</p> <p>Kadai Chicken Curry Served on Basmati Rice with Naan (Mild)</p> <p></p> | <p><u>DINNER</u><br/>Chicken Lemon Piccata<br/><i>510cal 3g sugar</i></p> <p>OR</p> <p>BBQ Pork Ribs<br/><i>400cal 36g sugar</i> </p> | <p><u>DINNER</u><br/>Roasted Herbed Pork Loin, Onion Gravy<br/><i>120cal 0g sugar</i></p> <p>OR</p> <p>Braised Beef Brisket Tacos, Pico and Sour Cream<br/><i>320cal 6g sugar</i> </p> |
| <p><u>DESSERT</u><br/>Chocolate Bread Pudding<br/><i>180cal 14g sugar</i> </p>  | <p><u>DESSERT</u><br/>Tiramisu<br/><i>210cal 10g sugar</i> </p>  | <p><u>DESSERT</u><br/>Apple Brown Betty<br/><i>150cal 23g sugar</i> </p>   | <p><u>DESSERT</u><br/>Red Velvet Cake<br/><i>350cal 35g sugar</i> </p>   | <p><br/><u>DESSERT</u><br/>Rice Kheer </p> <p>(Indian Rice Pudding with Cardamom and Raisins)</p>  | <p><u>DESSERT</u><br/>German Chocolate Cake<br/><i>350cal 42g sugar</i> </p>  | <p><u>DESSERT</u><br/>Apple Pie<br/><i>180cal 16g sugar</i> </p>   |

Feature Potato: Roasted Sweet Potato

- Soup, Greens Salad or Caesar Salad Available with Lunch and Dinner, Followed by In House Made Dessert

## ALLERGENS

