

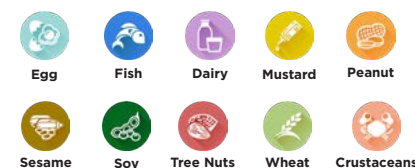
Weekly Menu

March 17th - March 23rd, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>SOUPS</u> Italian Vegetable 50 cal 3g Sug Cream of Asparagus Soup 40 cal 3g Sug 	<u>SOUPS</u> Italian Vegetable 50 cal 3g Sug Lentil and Vegetable Soup 340 cal 3g Sug	<u>SOUPS</u> Italian Vegetable 50 cal 3g Sug Broccoli & Cheddar Soup 70 cal 2g Sug 	<u>SOUPS</u> Italian Vegetable 50 cal 3g Sug Beef Vegetable Soup 70 cal 2g Sug	<u>SOUPS</u> Italian Vegetable 50 cal 3g Sug Tuscan White Bean & Kale Soup 60 cal 1g Sug	<u>SOUPS</u> Italian Vegetable 50 cal 3g Sug Chicken Vegetable Barley Soup 70 cal 2g Sug 	<u>SOUPS</u> Italian Vegetable 50 cal 3g Sug Cream of Mushroom Soup 120 cal 4g Sug 
<u>LUNCH</u> Seafood Vegetable Lasagna, Garlic Bread 430 cal 4g Sug     OR Chicken Chefs Salad 610 cal 1g Sug  	<u>LUNCH</u> Turkey BLT with Fries 700 cal 2g Sug   OR Salmon and Spinach Frittata, Hashbrown, Herb Tomatoes 390 cal 2g Sug  	<u>LUNCH</u> Monte Cristo Sandwich, Sweet Potato Fries 500 cal 9g Sug    OR Mushroom Beef Stew, Soft Bun 290 cal 4g Sug 	<u>LUNCH</u> Grilled Honey Dijon Chicken, Pear & Pecan Salad 460 cal 32g Sug   OR Bangers & Mash, Beans & Peas 500 cal 9g Sug	<u>LUNCH</u> Mushroom Swiss Turkey Burger, Curly Fries 490 cal 5g Sug   OR Lemon Herb Halibut, Garden Salad 130 cal 1g Sug 	<u>LUNCH</u> Pulled Pork Quesadilla, Sour Cream, Mexican Rice 760 cal 5g Sug   OR Grilled Chicken, Greek Salad 	<u>LUNCH</u> Beef & Cabbage Casserole 180 cal 3g Sug OR Chicken Parmesan Panini 580 cal 5g Sug   
<u>DESSERT</u> Strawberry Lemonade Poke Cake 230 cal 24g Sug  	<u>DESSERT</u> Vanilla Tea Biscuit with Warm Peaches 220 cal 10g Sug  	<u>DESSERT</u> Chocolate Peanut Butter Brownie 210 cal 22g Sug    	<u>DESSERT</u> Lemon Blueberry Yogurt Parfait 100 cal 13g Sug 	<u>DESSERT</u> Fruit Strudel 470 cal 30g Sug  	<u>DESSERT</u> Coconut Cream Pudding with Pineapple 290 cal 24g Sug 	<u>DESSERT</u> Cinnamon Streusel Coffee Cake 480 cal 34g Sug  

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

ALLERGENS



Weekly Menu

March 17th - March 23rd, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER Beef & Broccoli, Black Bean Sauce 180 cal 3g Sug  OR Sweet & Sour Pork 310 cal 19g Sug	DINNER Seared Steelhead Trout, Garlic Butter Sauce 170 cal 0g Sug  OR Mediterranean Chicken Thigh, Tomato Bruschetta 290 cal 5g Sug	DINNER Lamb Kebob, Tzatziki Sauce, Pita Bread 350 cal 3g Sug  OR Pork Tenderloin Oscar, Shrimp Asparagus, Bearnaise Sauce 370 cal 1g Sug 	DINNER Spaghetti & Meatballs, Tomato Sauce, Garlic Bread 290 cal 9g Sug  OR Lemon Herb Sole Fillet 210 cal 2g Sug 	DINNER Beef Liver, Bacon & Onions 270 cal 0g Sug OR Fish & Chips Tartar Sauce 470 cal 9g Sug 	DINNER Linguine Vongole, Garlic Bread 610 cal 2g Sug  OR Chicken Kiev 270 cal 3g Sug 	DINNER Roast Turkey, Sage Gravy 760 cal 0g Sug OR Pork Schnitzel, White Mushroom Gravy 490 cal 2g Sug 
DESSERT Cherry Almond Ricotta Cake 320 cal 3g Sug 	DESSERT Strawberry Flan 330 cal 35g Sug 	DESSERT Vanilla Cake 450 cal 51g Sug 	DESSERT Very Berry Bread Pudding 500 cal 27g Sug 	DESSERT Chiffon Cake with Strawberries and Cream 440 cal 30g Sug 	DESSERT Neapolitan Cheesecake 350 cal 21g Sug 	DESSERT Lemon Meringue Pie 290 cal 35g Sug 

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

Feature Potato: Smashed Potato

Menu Subject to Change

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Egg



Fish



Dairy



Mustard



Peanut



Sesame



Soy



Tree Nuts



Wheat



Crustaceans