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June 23rd – June 29th, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Beef & Navy Bean Soup <i>140cal 2g sugar</i></p>	<p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Beef Barley Soup <i>120cal 4g sugar</i> </p>	<p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Cabbage Roll Soup <i>150cal 7g sugar</i></p>	<p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Split Pea & Bacon Soup <i>70cal 1g sugar</i></p>	<p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Corn Chowder <i>110cal 6g sugar</i></p>	<p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Spinach Orzo Soup <i>60cal 2g sugar</i> </p>	<p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Carrot Ginger Soup <i>80cal 2g sugar</i></p>
<p><u>LUNCH</u></p> <p>Buffalo Chicken Wrap, Fries <i>610cal 3g sugar</i>  </p> <p>OR</p> <p>Philly Cheesesteak Sandwich, Fries <i>530cal 5g sugar</i>   </p>	<p><u>LUNCH</u></p> <p>Italian Sausage Sandwich, Potato Wedges <i>580cal 3g sugar</i> </p> <p>OR</p> <p>Spinach, Tomato & Feta Omelet Dill & Green Onion Romaine Salad <i>230cal 3g sugar</i>  </p>	<p><u>LUNCH</u></p> <p>Beef Pot Pie <i>410cal 7g sugar</i>  </p> <p>OR</p> <p>Halibut BLT, Fries <i>550cal 3g sugar</i>   </p>	<p><u>LUNCH</u></p> <p>Salmon Cobb Salad <i>410cal 2g sugar</i>   </p> <p>OR</p> <p>Creamy Pesto Chicken Rigatoni <i>850cal 3g sugar</i>  </p>	<p><u>LUNCH</u></p> <p>Ginger Beef & Vegetable Rice Bowl <i>410cal 7g sugar</i>   </p> <p>OR</p> <p>Triple Grilled Cheese Sandwich, Tomato Soup <i>500cal 8g sugar</i>  </p>	<p><u>LUNCH</u></p> <p>Crispy Chicken Sandwich, Onion Rings <i>520cal 2g sugar</i>  </p> <p>OR</p> <p>Seafood Cakes on Seasonal Greens Salad <i>370cal 3g sugar</i>   </p>	<p><u>LUNCH</u></p> <p>Classic Eggs Benedict (Ham & Hollandaise) <i>580cal 5g sugar</i>   </p> <p>OR</p> <p>Tuna Cheddar Melt, Fries <i>480cal 2g sugar</i>    </p>
<p><u>DESSERT</u></p> <p>Maple Pudding Cake <i>520cal 45g sugar</i>   </p>	<p><u>DESSERT</u></p> <p>Banana Cream Pie <i>170cal 25g sugar</i>   </p>	<p><u>DESSERT</u></p> <p>Apple Betty <i>150cal 23g sugar</i> </p>	<p><u>DESSERT</u></p> <p>Peach Melba <i>1800cal 29g sugar</i>  </p>	<p><u>DESSERT</u></p> <p>Oatmeal White Chocolate Blueberry Bar <i>180cal 16g sugar</i>   </p>	<p><u>DESSERT</u></p> <p>Nanaimo Bar <i>310cal 24g sugar</i>    </p>	<p><u>DESSERT</u></p> <p>Pineapple Coconut Cake <i>460cal 24g sugar</i>    </p>

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

Weekly Menu

June 23rd – June 29th, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>DINNER</u> Roasted Chicken Thighs, Chicken Gravy <i>110cal 0g sugar</i></p> <p>OR</p> <p>Grilled Pork Chop, Apple Sauce <i>160cal 3g sugar</i></p>	<p><u>DINNER</u> Seared Salmon, Garlic Cream Sauce <i>390cal 1g sugar</i></p> <p>OR</p> <p>Beef Paprikash <i>180cal 4g sugar</i></p>	<p><u>DINNER</u> Grilled Lemon Herb Swordfish <i>220cal 2g sugar</i></p> <p>OR</p> <p>Pork Tenderloin Oscar <i>390cal 3g sugar</i></p>	<p><u>DINNER</u> Jerk Chicken Rice</p> <p>OR</p> <p>Curry Beef Rice</p> <p><u>DESSERT</u> Rum Cake</p>	<p><u>DINNER</u> Grilled Herbed Snapper, Lemon Oil & Capers <i>80cal 0g sugar</i></p> <p>OR</p> <p>Beef Liver Bacon, Onions & Gravy <i>310cal 2g sugar</i></p> <p><u>DESSERT</u> Dark & White Chocolate Cheesecake <i>300cal 21g sugar</i></p>	<p><u>DINNER</u> Butter Chicken <i>250cal 3g sugar</i></p> <p>OR</p> <p>Grilled Bacon Wrapped Pork Medallion <i>180cal 1g sugar</i></p> <p><u>DESSERT</u> Apple Pie <i>180cal 16g sugar</i></p>	<p><u>DINNER</u> Turkey Meatloaf, Sage Gravy <i>170cal 1g sugar</i></p> <p>OR</p> <p>Slow Roasted Pork Butt, Apple Gravy <i>200cal 1g sugar</i></p> <p><u>DESSERT</u> Black Forest Cake <i>220cal 25g sugar</i></p>

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

Feature Potato: Braised Potatoes
Menu Subject to Change

ALLERGENS



Egg



Fish



Dairy



Mustard



Peanut



Sesame



Soy



Tree Nuts



Wheat



Crustaceans