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June 30th – July 6th, 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|--|--|---|
| <p><u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i></p> <p>Chicken Noodle Soup <i>70cal 0g sugar</i> </p> | <p> <u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i></p> <p>Borscht <i>90cal 2g sugar</i></p> | <p><u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i></p> <p>Mexican Beef Soup <i>280cal 8g sugar</i></p> | <p><u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i></p> <p>Loaded Baked Potato Soup <i>210cal 4g sugar</i> </p> | <p><u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i></p> <p>Cream of Broccoli <i>240cal 2g sugar</i> </p> | <p><u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i></p> <p>White Bean & Tomato Soup <i>70cal 1g sugar</i></p> | <p><u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i></p> <p>Coconut Squash Soup <i>170cal 10g sugar</i></p> |
| <p><u>LUNCH</u> Monte Cristo, Fries <i>450cal 3g sugar</i>   </p> <p>OR</p> <p>Salmon Caesar Salad <i>440cal 7g sugar</i>    </p> | <p> <u>LUNCH</u> Beef Tortellini Pasta (Peppers, Mushrooms, Garlic Herb Oil) <i>290cal 1g sugar</i>   </p> <p>OR</p> <p>Bacon Cheddar Melt, Fries <i>750cal 5g sugar</i>  </p> | <p><u>LUNCH</u> Cashew Chicken, Vegetables & Rice, Black Bean Sauce <i>340cal 9g sugar</i>  </p> <p>OR</p> <p>Lemon Pepper Cod Niçoise Salad <i>270cal 7g sugar</i>  </p> | <p><u>LUNCH</u> Chicken Mango Salad <i>230cal 4g sugar</i></p> <p>OR</p> <p>Grilled Pork Belly on Garlic Basil Fried Rice, Topped with Fried Egg <i>290cal 18g sugar</i> </p> | <p><u>LUNCH</u> Roast Beef & Melted Cheddar Slices with Onion Rings <i>300cal 4g sugar</i>   </p> <p>OR</p> <p>Classic Mac & Cheese <i>300cal 4g sugar</i>   </p> | <p><u>LUNCH</u> Chicken Quessadilla (Salsa & Sour Cream) Potato Chips <i>300cal 1g sugar</i>  </p> <p>OR</p> <p>Tempura Shrimp, Asian Cucumber Salad <i>210cal 5g sugar</i>    </p> | <p><u>LUNCH</u> Peanut Butter & Banana French Toast <i>560cal 25g sugar</i>  </p> <p>OR</p> <p>Chicken Salad on Herbed Greens <i>230cal 4g sugar</i></p> |
| <p><u>DESSERT</u> Pink Lemonade Cupcake <i>210cal 21g sugar</i>   </p> | <p><u>DESSERT</u> Salted Caramel Kahlua Pudding <i>220cal 32g sugar</i>  </p> <p></p> | <p><u>DESSERT</u> Carrot Pineapple Loaf <i>220cal 13g sugar</i>  </p> | <p><u>DESSERT</u> Rhubarb Fool with Shortbread Cookies <i>250cal 25g sugar</i>  </p> | <p><u>DESSERT</u> Blueberry Lemon Tart <i>180cal 11g sugar</i>  </p> | <p><u>DESSERT</u> Raspberry Yogurt Parfait, Chocolate Shortbread Crumble <i>230cal 14g sugar</i>  </p> | <p><u>DESSERT</u> Mandarin Mousse <i>250cal 32g sugar</i>  </p> |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|--|---|--|
| <div><div><div>DINNER</div><div>BBQ Chicken Thighs</div><div>110cal 0g sugar</div><div>OR</div><div>Steak Bites, Peppercorn Gravy</div><div>200cal 0g sugar</div></div></div> | <div><div><div>DINNER</div><div>Salmon, Dill Cream Sauce</div><div>140cal 1g sugar</div><div>OR</div><div>Maple Balsamic Chicken Drumsticks</div><div>300cal 11g sugar</div></div><div></div></div> | <div><div><div>DINNER</div><div>Mediterranean Basa, Bruschetta</div><div>140cal 6g sugar</div><div>OR</div><div>Pepper Pork Tenderloin</div><div>130cal 0g sugar</div></div></div> | <div><div><div>DINNER</div><div>Turkey Schnitzel Mushroom Gravy</div><div>410cal 4g sugar</div><div>OR</div><div>Beef Lasagna</div><div>470cal 6g sugar</div></div></div> | <div><div><div>DINNER</div><div>Loaded Beef Burger</div><div>590cal 5g sugar</div><div>OR</div><div>Parmesan Crusted Cod</div><div>170cal 1g sugar</div></div></div> | <div><div><div>DINNER</div><div>Thai Coconut Chicken</div><div>180cal 1g sugar</div><div>OR</div><div>Lemon Pork Cutlet</div><div>270cal 2g sugar</div></div></div> | <div><div><div>DINNER</div><div>Roast Beef, Gravy</div><div>140cal 0g sugar</div><div>OR</div><div>Seafood Pasta</div><div>270cal 6g sugar</div></div></div> |
| <div><div><div>DESSERT</div><div>Lemon Buttermilk Cake</div><div>250cal 28g sugar</div></div></div> | <div><div><div>DESSERT</div><div>Boston Cream Pie</div><div>620cal 55g sugar</div></div><div></div></div> | <div><div><div>DESSERT</div><div>Walnut Date Brownie</div><div>290cal 18g sugar</div></div></div> | <div><div><div>DESSERT</div><div>Rhubarb Almond Ricotta Cake</div><div>460cal 28g sugar</div></div></div> | <div><div><div>DESSERT</div><div>Apple Cinnamon Oatmeal Cake</div><div>320cal 26g sugar</div></div></div> | <div><div><div>DESSERT</div><div>Angel Food Cake, Fresh Berries</div><div>120cal 16g sugar</div></div></div> | <div><div><div>DESSERT</div><div>Blueberry Pie</div><div>320cal 27g sugar</div></div></div> |

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

Feature Potato: Warm Potato Salad
Menu Subject to Change



ALLERGENS



Egg



Fish



Dairy



Mustard



Peanut




Sesame



Soy



Tree Nuts



Wheat



Crustaceans