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August 25th – August 31st, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>SOUPS</u></b></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Chicken Noodle Soup <i>70cal 0g sugar</i> </p>	<p><b><u>SOUPS</u></b></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Borscht <i>90cal 2g sugar</i></p>	<p><b><u>SOUPS</u></b></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Mexican Beef Soup <i>280cal 8g sugar</i></p>	<p><b><u>SOUPS</u></b></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Loaded Baked Potato Soup <i>210cal 4g sugar</i> </p>	<p><b><u>SOUPS</u></b></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Cream of Broccoli <i>240cal 2g sugar</i> </p>	<p><b><u>SOUPS</u></b></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>White Bean &amp; Tomato Soup <i>70cal 1g sugar</i></p>	<p><b><u>SOUPS</u></b></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Coconut Squash Soup <i>170cal 10g sugar</i></p>
<p><b><u>LUNCH</u></b></p> <p>Monte Cristo, Fries <i>450cal 3g sugar</i>   </p> <p>OR</p> <p>Salmon Caesar Salad <i>440cal 7g sugar</i>    </p>	<p><b><u>LUNCH</u></b></p> <p>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><b><u>LUNCH</u></b></p> <p>Cashew Chicken, Vegetables &amp; 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><b><u>LUNCH</u></b></p> <p>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><b><u>LUNCH</u></b></p> <p>Roast Beef &amp; Melted Cheddar Sliders with Onion Rings <i>300cal 4g sugar</i>   </p> <p>OR</p> <p>Classic Mac &amp; Cheese <i>300cal 4g sugar</i>   </p>	<p><b><u>LUNCH</u></b></p> <p>Chicken Quesadilla (Salsa &amp; 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><b><u>LUNCH</u></b></p> <p>Peanut Butter &amp; 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><b><u>DESSERT</u></b></p> <p>Pink Lemonade Cupcake <i>210cal 21g sugar</i>   </p>	<p><b><u>DESSERT</u></b></p> <p>Salted Caramel Kahlua Pudding <i>220cal 32g sugar</i>  </p>	<p><b><u>DESSERT</u></b></p> <p>Carrot Pineapple Loaf <i>220cal 13g sugar</i>  </p>	<p><b><u>DESSERT</u></b></p> <p>Rhubarb Fool with Shortbread Cookies <i>250cal 25g sugar</i>  </p>	<p><b><u>DESSERT</u></b></p> <p>Blueberry Lemon Tart <i>180cal 11g sugar</i>  </p>	<p><b><u>DESSERT</u></b></p> <p>Raspberry Yogurt Parfait, Chocolate Shortbread Crumble <i>230cal 14g sugar</i>  </p>	<p><b><u>DESSERT</u></b></p> <p>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

Weekly Menu  
August 25th – August 31st, 2025

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

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