

Weekly Menu

October 27th – November 2nd, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Roasted Root Vegetable and Barley Soup <i>60cal 3g sugar</i> 	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Garden Chili <i>170cal 4g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Tomato Feta Soup with Orzo <i>35cal 1g sugar</i>  	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Portuguese Kale and Chorizo Soup <i>200cal 4g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Cream of Broccoli Cheddar Soup <i>400cal 3g sugar</i> 	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Beef Barley Soup <i>120cal 0g sugar</i> 	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Split Pea and Carrot Soup <i>60cal 2g sugar</i>
<u>LUNCH</u> Turkey Club Sandwich with Fries <i>640cal 5g sugar</i>   OR Halibut Santa Fe Salad <i>530cal 4g sugar</i> 	<u>LUNCH</u> Ham, Swiss & Mushroom Omelet <i>340cal 3g sugar</i>   OR Grilled Chicken, Marinated Beets & Greens Salad <i>150cal 5g sugar</i>	<u>LUNCH</u> Grilled Chicken, Broccoli Bacon Salad <i>180cal 3g sugar</i>  OR Roasted Sliced Pork Loin Sandwich with Potato Wedges <i>610cal 2g sugar</i>  	<u>LUNCH</u> Beef Stir Fry, Shanghai Noodles Vegetables <i>350cal 2g sugar</i>    OR Seafood Pot Pie <i>220cal 1g sugar</i>    	<u>LUNCH</u> Salmon Cobb Salad <i>350cal 2g sugar</i>    OR Roast Beef Dip Sandwich with Fries <i>410cal 3g sugar</i> 	<u>LUNCH</u> Ginger Chicken with Vegetables and Rice <i>290cal 8g sugar</i>   OR Pulled Pork Sliders with Potato Wedges <i>250cal 5g sugar</i>  	<u>LUNCH</u> Tuna Salad Croissant <i>310cal 3g sugar</i>     OR Corned Beef and Hash, with Egg on Top <i>280cal 1g sugar</i>   
<u>DESSERT</u> Buttertart Square <i>190cal 18g sugar</i>   	<u>DESSERT</u> Honey, Fig & Chevre Phyllo Cups <i>330cal 28g sugar</i>   	<u>DESSERT</u> Butterscotch Pudding <i>140cal 20g sugar</i>  	<u>DESSERT</u> Black Forest Yogurt Parfait <i>300cal 24g sugar</i>   	<u>DESSERT</u> Cranberry Orange Loaf <i>110cal 14g sugar</i>   	<u>DESSERT</u> Warm Maple Tapioca Pudding <i>120cal 13g sugar</i>  	<u>DESSERT</u> Chocolate Peanut Butter Brownie <i>310cal 32g sugar</i>    

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>DINNER</u> Seared Pork Chop with Cranberry Sauce <i>150cal 2g sugar</i> OR Turkey Tetrazzini on Egg Noodles <i>550cal 7g sugar</i>	<u>DINNER</u> Veal Scaloppini Dijonnaise <i>490cal 1g sugar</i> OR Roasted Herbed Chicken Thighs <i>110cal 0g sugar</i>	<u>DINNER</u> Garlic & Onion Baked Tilapia, Herbed Butter Sauce <i>180cal 0g sugar</i> OR Beef Bourguignon <i>440cal 3g sugar</i>	<u>DINNER</u> Chicken Parmesan <i>370cal 0g sugar</i> OR Pork Tenderloin, Onion Gravy <i>130cal 0g sugar</i>	<u>DINNER</u> Beef Short Rib <i>240cal 8g sugar</i> OR Fish & Chips Coleslaw & Tartar Sauce <i>440cal 9g sugar</i>	<u>DINNER</u> Poached Salmon Lemon Dill Sauce <i>310cal 0g sugar</i> OR Linguine Alfredo <i>560cal 1g sugar</i>	<u>DINNER</u> Beef Pot Roast <i>150cal 2g sugar</i> OR Glazed Maple Ham <i>100cal 1g sugar</i>
<u>DESSERT</u> Pumpkin Mousse <i>250cal 19g sugar</i>	<u>DESSERT</u> Applesauce Spice Cake <i>290cal 26g sugar</i>	<u>DESSERT</u> Cookies and Cream Cheesecake <i>300cal 21g sugar</i>	<u>DESSERT</u> Peach and Blueberry Cobbler <i>200cal 27g sugar</i>	<u>DESSERT</u> Maple Walnut Bread Pudding <i>200cal 12g sugar</i>	<u>DESSERT</u> Chocolate Cherry Poke Cake <i>230cal 31g sugar</i>	<u>DESSERT</u> Peach Pie <i>350cal 32g sugar</i>

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Feature Potato: Roasted Garlic Herb Baby Potatoes

Menu Subject to Change

ALLERGENS



Egg



Fish



Dairy



Mustard



Peanut



Sesame



Soy



Tree Nuts



Wheat



Crustaceans