

# Weekly Menu

January 12th – January 18th, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>SOUPS</u> Italian Vegetable 50cal 2g sugar	<u>SOUPS</u> Italian Vegetable 50cal 2g sugar	<u>SOUPS</u> Italian Vegetable 50cal 2g sugar	<u>SOUPS</u> Italian Vegetable 50cal 2g sugar	<u>SOUPS</u> Italian Vegetable 50cal 2g sugar	<u>SOUPS</u> Italian Vegetable 50cal 2g sugar	<u>SOUPS</u> Italian Vegetable 50cal 2g sugar
Sweet Corn Soup 70cal 3g sugar	Carrot Lentil Soup 100cal 2g sugar	Beef Taco Soup 220cal 5g sugar	Italian Wedding Soup 210cal 2g sugar	Chicken Vegetable Barley 70cal 2g sugar	Manhattan Clam Chowder 70cal 4g sugar	Cream of Celery Soup 100cal 5g sugar
<u>LUNCH</u> Croque Madame 640cal 4g sugar	<u>LUNCH</u> Grilled Chicken Salad Sandwich 330cal 2g sugar	<u>LUNCH</u> Chicken Tenders with Mashed Potatoes & Gravy 180cal 2g sugar	<u>LUNCH</u> Beef Dip Sandwich 410cal 3g sugar	<u>LUNCH</u> Shrimp & Pork Belly Fried Rice 310cal 3g sugar	<u>LUNCH</u> Mushroom Ravioli Rosé 310cal 7g sugar	<u>LUNCH</u> Smoked Salmon Bagel Cream Cheese, Capers and Sliced Onions 410cal 5g sugar
OR Chopped Salad and Grilled Beef 450cal 4g sugar	OR Beef, Potato and Root Vegetable Stew, Soft Bun 370cal 4g sugar	OR Grilled Halibut BLT 510cal 3g sugar	OR Seared Salmon Greek Salad 230cal 2g sugar	OR Turkey Swiss Sandwich 400cal 20g sugar	OR French Toast, Apple Cinnamon Compote, Whipped Cream Cheese Frosting 370cal 37g sugar	OR Single Egg Benedict (Ham, Hollandaise &English Muffin) 560cal 4g sugar
<u>DESSERT</u> Cherry Vanilla Cake 250cal 29g sugar	<u>DESSERT</u> Chocolate Brownie 390cal 36g sugar	<u>DESSERT</u> Angel Cake 160cal 29g sugar	<u>DESSERT</u> Apple Raisin Bread Pudding 220cal 19g sugar	<u>DESSERT</u> Grand Marnier Rice Pudding 150cal 13g sugar	<u>DESSERT</u> Nanaimo Bar 300cal 12g sugar	<u>DESSERT</u> Strawberry Rhubarb Square 410cal 35g sugar

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><b>DINNER</b></u> Beef Shepherds Pie 380cal 4g sugar  OR Seared Halibut, White Wine Sauce 370cal 1g sugar 	<u><b>DINNER</b></u> Spaghetti & Meatballs 370cal 6g sugar   OR Chicken Kiev 250cal 0g sugar  	<u><b>DINNER</b></u> Beef & Broccoli Black Bean Sauce 180cal 4g sugar   OR Tilapia Meuniere 170cal 0g sugar  	<u><b>DINNER</b></u> Sole Almondine 370cal 2g sugar    OR Greek Marinated Pork Souvlaki 400cal 0g sugar	<u><b>DINNER</b></u> Beef Liver, Onions & Bacon 310cal 2g sugar OR Mango Chipotle Grilled Salmon, Mango Salsa 200cal 6g sugar 	<u><b>DINNER</b></u> Pork Tenderloin Oscar Shrimp, Asparagus, Bearnaise Sauce 380cal 3g sugar    OR Chicken Cacciatore 240cal 2g sugar	<u><b>DINNER</b></u> Seafood Lasagna, Garlic Toast 240cal 3g sugar      OR Beef Bourguignon, Egg Noodles 560cal 3g sugar  
<u><b>DESSERT</b></u> Key Lime Pie 440cal 40g sugar    	<u><b>DESSERT</b></u> Limoncello Tiramisu 280cal 4g sugar  	<u><b>DESSERT</b></u> Maple Vanilla Cake 250cal 26g sugar    	<u><b>DESSERT</b></u> Chocolate Cake 160cal 16g sugar    	<u><b>DESSERT</b></u> Caramel Cake 310cal 27g sugar    	<u><b>DESSERT</b></u> Cheesecake & Berry Sauce 270cal 25g sugar    	<u><b>DESSERT</b></u> Rum Cake 260cal 27g sugar    

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

**Feature Potato: Cottage Fries**

Menu Subject to Change

## ALLERGENS

