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


























January 12th – January 18th, 2026

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

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

# Weekly Menu

January 12th – January 18th, 2026

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

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



Egg



Fish



Dairy



Mustard



Peanut



Sesame



Soy



Tree Nuts



Wheat



Crustaceans