

























































Weekly Menu

January 19th – January 25th, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Thai Coconut Chicken Soup <i>140cal 4g sugar</i> 	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Mushroom Soup <i>130cal 5g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Cabbage Roll Soup <i>180cal 6g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Kapusniak (Ukrainian Sauerkraut Soup) 	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Sweet Potato Apple Soup <i>120cal 7g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Beef Barley Soup <i>140cal 2g sugar</i> 	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Corn and Red Pepper Chowder <i>110cal 6g sugar</i>
<u>LUNCH</u> Shrimp Avocado Tomato Salad <i>510cal 22g sugar</i>  OR Creamy Turkey Pesto Pasta <i>360cal 1g sugar</i>   	<u>LUNCH</u> Grilled Chicken Caprese Wrap, Potato wedges <i>560cal 3g sugar</i>   OR Feijoada “Brazilian Beef and Sausage Stew” <i>350cal 5g sugar</i>	<u>LUNCH</u> Po’boy shrimp Sandwich <i>370cal 5g sugar</i>     OR Grilled Chicken, Warm Beet & Arugula Salad <i>460cal 26g sugar</i>	<u>LUNCH</u> BBQ Pulled Pork Bun, Potato Wedges <i>660cal 14g sugar</i>   OR Tuna Noodle Casserole <i>260cal 4g sugar</i>    	<u>LUNCH</u> Halibut BLT, Fries <i>510cal 3g sugar</i>     OR Balsamic Steak Salad <i>320cal 9g sugar</i>	<u>LUNCH</u> Sliced Pork Loin Sandwich <i>610cal 2g sugar</i>   OR Salmon Pear & Pecan Salad <i>600cal 32g sugar</i>  	<u>LUNCH</u> Ham & Swiss Strata <i>320cal 82g sugar</i>   OR Ginger Chicken on Chow Mein Noodles Wonton Crisp <i>230cal 1g sugar</i>     
<u>DESSERT</u> Gingerbread Bar <i>318cal 33g sugar</i>   	<u>DESSERT</u> Snickerdoodle Blondie <i>190cal 18g sugar</i>   	<u>DESSERT</u> Apple Turnover <i>460cal 22g sugar</i>   	<u>DESSERT</u> Molasses Cookie with Apple Slices <i>140cal 15g sugar</i>   	<u>DESSERT</u> Pistachio Pudding <i>220cal 25g sugar</i>   	<u>DESSERT</u> Classic Butterscotch <i>190cal 12g sugar</i>   	<u>DESSERT</u> Chocolate Zucchini Walnut Loaf <i>380cal 25g sugar</i>    

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

Weekly Menu

January 19th – January 25th, 2025

MONDAY	TUESDAY	WEDNESDAY	Ukrainian Theme Dinner	FRIDAY	SATURDAY	SUNDAY
<p><u>DINNER</u> Seared Salmon, Hollandaise Sauce <i>310cal 0g sugar</i>   </p> <p>OR</p> <p>Pork Tenderloin, Fig & Balsamic Glaze <i>140cal 3g sugar</i></p>	<p><u>DINNER</u> Stuffed Chicken Florentine (Ricotta Spinach) Rosé Sauce <i>310cal 3g sugar</i>   </p> <p>OR</p> <p>Braised Lamb Shank, Orzo Pasta <i>380cal 10g sugar</i>  </p>	<p><u>DINNER</u> Grilled Halibut, Caper Butter Sauce</p> <p>OR</p> <p>Duck Leg Confit <i>310cal 0g sugar</i></p>	<p>Zharkoyi (Ukrainian Beef Potato Stew)</p> <p>Ukrainian Red Fish (Ukrainian Style Cod in Tomato Sauce)</p>	<p><u>DINNER</u> Fish & Chips, Coleslaw & Tartar Sauce <i>460cal 9g sugar</i>   </p> <p>OR</p> <p>Teriyaki Beef Stir Fry, Steamed Rice <i>250cal 4g sugar</i>  </p>	<p><u>DINNER</u> Roasted Chicken Drumsticks, Lemon Herb Sauce <i>250cal 0g sugar</i></p> <p>OR</p> <p>Rolled Corn Beef with Braised Cabbage <i>150cal 4g sugar</i></p>	<p><u>DINNER</u> Turkey Cutlet, Mushroom Sauce <i>290cal 4g sugar</i></p> <p>OR</p> <p>Grilled Pork Medallions <i>130cal 12g sugar</i></p>
<p><u>DESSERT</u> Cinnamon Chai Cheesecake <i>350cal 23g sugar</i>   </p>	<p><u>DESSERT</u> Pecan Pie Bars <i>320cal 13g sugar</i>    </p>	<p><u>DESSERT</u> Sticky Toffee Pudding <i>390cal 40g sugar</i>   </p>	<p>Ukrainian Poppy Seed and Sour Cream Cake</p>	<p><u>DESSERT</u> Chocolate Peppermint Cake <i>210cal 23g sugar</i>   </p>	<p><u>DESSERT</u> Apple Toffee Blondies <i>190cal 18g sugar</i>   </p>	<p><u>DESSERT</u> Cannoli Icebox Cake <i>180cal 12g sugar</i>   </p>

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

Feature Potato: Mashed Sweet Potatoes
Menu Subject to Change

ALLERGENS



Egg



Fish



Dairy



Mustard



Peanut



Sesame



Soy



Tree Nuts



Wheat



Crustaceans