

# Weekly Menu

January 19th – January 25th, 2025

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

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

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

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

