

Weekly Menu

March 16th – March 22nd, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>SOUPS Italian Vegetable <i>50cal 2g sugar</i></p> <p>Country Bean & Vegetable Soup <i>45cal 1g sugar</i></p>	<p>SOUPS Italian Vegetable <i>50cal 2g sugar</i></p> <p>Beef Barley Soup <i>130cal 2g sugar</i></p>	<p>SOUPS Italian Vegetable <i>50cal 2g sugar</i></p> <p>Cream of Broccoli Soup <i>240cal 2g sugar</i></p>	<p>SOUPS Italian Vegetable <i>50cal 2g sugar</i></p> <p>Bacon and Potato Chowder <i>130cal 3g sugar</i></p>	<p>SOUPS Italian Vegetable <i>50cal 2g sugar</i></p> <p>Carrot Ginger Soup <i>80cal 2g sugar</i></p>	<p>SOUPS Italian Vegetable <i>50cal 2g sugar</i></p> <p>Cheddar Vegetable Bisque <i>110cal 2g sugar</i></p>	<p>SOUPS Italian Vegetable <i>50cal 2g sugar</i></p> <p>Chicken and Rice Soup <i>60cal 0g sugar</i></p>
<p>LUNCH Turkey Vegetable Primavera Pasta <i>320cal 4g sugar</i></p> <p>OR</p> <p>Shrimp Louie Salad <i>220cal 5g sugar</i></p>	<p>LUNCH Classic BLT, Fries <i>540cal 3g sugar</i></p> <p>OR</p> <p>Mexican Omelet, Savoury Corn Pancake, Black Beans <i>640cal 7g sugar</i></p>	<p>LUNCH Grilled Chicken on Waldorf Salad <i>300cal 14g sugar</i></p> <p>OR</p> <p>Shaved Pork Loin Sandwich, Onion Rings</p>	<p>LUNCH Philly Cheesesteak, Herb Potato Wedges <i>520cal 4g sugar</i></p> <p>OR</p> <p>Chicken Tenders, Mashed Potatoes & Chicken Gravy <i>180cal 2g sugar</i></p>	<p>LUNCH Cabbage Rolls, Smoked Sausage, Buttered Pierogis <i>700cal 8g sugar</i></p> <p>OR</p> <p>Tuna Cheddar Melt, Potato Chips <i>450cal 1g sugar</i></p>	<p>LUNCH Montreal Reuben Smoked Meat Sandwich, Fries <i>410cal 5g sugar</i></p> <p>OR</p> <p>Tempura Shrimp on Shaved Melon Greens <i>220cal 11g sugar</i></p>	<p>LUNCH Chicken Wings, Potato Salad <i>790cal 5g sugar</i></p> <p>OR</p> <p>Beef Quesadilla, Sour Cream, Mexican Rice <i>740cal 6g sugar</i></p>
<p>DESSERT Crème Caramel <i>120cal 14g sugar</i></p>	<p>DESSERT White Chocolate Scone with Blueberry Compote <i>460cal 20g sugar</i></p>	<p>DESSERT Strawberry Shortcake Yogurt Parfait <i>250cal 24g sugar</i></p>	<p>DESSERT Key Lime Tart <i>230cal 24g sugar</i></p>	<p>DESSERT Apple Slices and Caramel <i>400cal 64g sugar</i></p>	<p>DESSERT S'mores Chocolate Pudding <i>260cal 20g sugar</i></p>	<p>DESSERT Cherry Coffee Cake <i>160cal 16g sugar</i></p>

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





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MONDAY	TUESDAY	WEDNESDAY	IRISH THEME DINNER	FRIDAY	SATURDAY	SUNDAY
<p>DINNER Rolled Corn Beef and Braised Cabbage <i>150cal 4g sugar</i></p> <p>OR</p> <p>Country Style Fried Chicken <i>230cal 0g sugar</i></p>	<p>DINNER Slow Roasted Pork Tenderloin, Dijon Cream Sauce <i>430cal 0g sugar</i></p> <p>OR</p> <p>Cajun Blackened Tilapia, Creamy Polenta <i>380cal 4g sugar</i></p>	<p>DINNER Chicken Parmesan <i>370cal 0g sugar</i></p> <p>OR</p> <p>Beef Lasagna, Garlic Bread <i>310cal 6g sugar</i></p>	<p>Irish Beef & Lamb Potato Stew</p> <p>OR</p> <p>Poached Salmon in Irish Butter Cream</p> <p>AND</p> <p>Irish Apple Cake</p>	<p>DINNER BBQ Pulled Pork, Baked Beans, Coleslaw, Corn Bread <i>460cal 23g sugar</i></p> <p>OR</p> <p>Fish & Chips Tartar Sauce, Coleslaw <i>470cal 25g sugar</i></p>	<p>DINNER Apricot Glazed Pork Chop</p> <p>OR</p> <p>Beef Liver and Onions <i>290cal 2g sugar</i></p>	<p>DINNER Glazed Baked Ham <i>100cal 4g sugar</i></p> <p>OR</p> <p>Lemon Pepper Cod, Mango Salsa <i>130cal 7g sugar</i></p>
<p>DESSERT Peach Crisp <i>160cal 3g sugar</i></p>	<p>DESSERT Lemon Pie <i>240cal 23g sugar</i></p>	<p>DESSERT Chocolate Espresso Panna Cotta <i>480cal 11g sugar</i></p>		<p>DESSERT Coconut Layer Cake <i>420cal 25g sugar</i></p>	<p>DESSERT Berry Cheesecake <i>300cal 22g sugar</i></p>	<p>DESSERT Pecan Pie <i>460cal 33g sugar</i></p>

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

Feature Potato: Baked Potato
Menu Subject to Change



ALLERGENS

