

Weekly Menu

July 27th – August 2nd, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Creamy Sweet Potato Soup <i>130cal 6g sugar</i> 	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Beef Vegetable Soup <i>70cal 1g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Zucchini Corn Chowder <i>270cal 10g sugar</i> 	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Lentil & Lemon Soup <i>190cal 4g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Italian Wedding Soup <i>190cal 2g sugar</i>  	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Coconut Curry Chicken Soup <i>90cal 2g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Tomato Spinach Soup <i>20cal 2g sugar</i>
<u>LUNCH</u> Grilled Chicken & Avocado Wrap, with Chips <i>450cal 4g sugar</i>   OR Baked Beef Cannelloni, Tomato Sauce <i>600cal g sugar</i>  	<u>LUNCH</u> BBQ Pulled Pork Bun, Warm Potato Salad <i>660cal 12g sugar</i>    OR Rice and Bean Salad Bowl, Cajun Shrimp <i>440cal 1g sugar</i> 	<u>LUNCH</u> Hot Ham and Swiss Bun <i>410cal 2g sugar</i>   OR Grilled Herbed Chicken, Caprese Pasta Salad <i>660cal 8g sugar</i> 	<u>LUNCH</u> Sliced Roast Beef Sandwich, Fries (Horseradish Aioli, Lettuce, Tomato) <i>470cal 3g sugar</i>   OR Spinach, Tomato & Feta Omelet, Dill & Green Onion Romaine Salad <i>150cal 5g sugar</i>  	<u>LUNCH</u> Pepperoni Pita Pizza (Pepperoni, Mushroom & Sliced Peppers) <i>550cal 3g sugar</i>   OR Tuna Salad on House Greens <i>280cal 7g sugar</i>  	<u>LUNCH</u> Fish Burger, Coleslaw & Fries <i>700cal 12g sugar</i>    OR Grilled Chicken, Broccoli and Grape Salad <i>340cal 35g sugar</i> 	<u>LUNCH</u> Chicken Wings & Potato Salad (Vegetable Sticks & Ranch Dressing) <i>720cal 5g sugar</i>   OR Smoked Salmon & Cream Cheese Bagel <i>400cal 4g sugar</i>   
<u>DESSERT</u> Lemon Posset <i>250cal 13g sugar</i> 	<u>DESSERT</u> Key Lime Cupcake <i>190cal 17g sugar</i>   	<u>DESSERT</u> Blueberry Crumble <i>260cal 24g sugar</i>  	<u>DESSERT</u> Strawberry Jello <i>70cal 16g sugar</i>	<u>DESSERT</u> Honey Poached Pears, Whipped Cream & Candied Almonds <i>200cal 18g sugar</i>  	<u>DESSERT</u> Chocolate Pudding <i>130cal 14g sugar</i> 	<u>DESSERT</u> Berry Yogurt Parfait <i>150cal 12g sugar</i> 

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

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<u>DINNER</u> Pork Tenderloin, Onion Pan Gravy <i>130cal 0g sugar</i> OR Artic Char, Lemon Caper Butter <i>540cal 1g sugar</i>	<u>DINNER</u> Greek Braised Beef Orzo Pasta with Feta Cheese <i>430cal 9g sugar</i> OR Panko Crusted Chicken Thigh, Dijon Cream Sauce <i>330cal 0g sugar</i>	<u>DINNER</u> Sole Provençal <i>90cal 2g sugar</i> OR Grilled Herbed Pork Chops <i>160cal 3g sugar</i>	<u>DINNER</u> Chicken Scaloppini with Marsala Sauce <i>170cal 3g sugar</i> OR Veal Schnitzel, Roasted Cherry Tomatoes & Balsamic Glaze <i>270cal 8g sugar</i>	<u>DINNER</u> Salmon, Hollandaise <i>270cal 1g sugar</i> OR Ginger Beef, Vegetable Chow Mein <i>580cal 11g sugar</i>	<u>DINNER</u> Chicken Souvlaki, Tzatziki & Pita Bread <i>420cal 3g sugar</i> OR Beef Shepherds Pie <i>270cal 3g sugar</i>	<u>DINNER</u> Roasted Turkey Breast <i>510cal 0g sugar</i> OR Glazed Ham <i>100cal 1g sugar</i>
<u>DESSERT</u> Cherry Cheesecake <i>390cal 41g sugar</i>	<u>DESSERT</u> Peach Cobbler <i>200cal 30g sugar</i>	<u>DESSERT</u> Chocolate Cake <i>240cal 33g sugar</i>	<u>DESSERT</u> Pecan Pie <i>470cal 33g sugar</i>	<u>DESSERT</u> Lemon Pudding Cake <i>160cal 21g sugar</i>	<u>DESSERT</u> Baklava <i>250cal 18g sugar</i>	<u>DESSERT</u> Red Velvet Cake <i>360cal 35g sugar</i>

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Feature Potato: Roasted Lemon Herb Greek Potatoes
Menu Subject to Change

ALLERGENS



Egg



Fish



Dairy



Mustard



Peanut



Sesame



Soy



Tree Nuts



Wheat



Crustaceans