

Weekly Menu

September 14th – September 20th, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Italian Tomato & White Bean Soup <i>180cal 1g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Creamy Parsnip and Pear Soup <i>80cal 6g sugar</i> 	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Minestrone <i>90cal 2g sugar</i> 	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Chicken Potato Corn Soup	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Borscht <i>90cal 2g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Cream of Roasted Cauliflower Soup <i>50cal 3g sugar</i> 	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Autumn Carrot & Sweet Potato Soup <i>100cal 7g sugar</i>
<u>LUNCH</u> Croque Monsieur Sandwich, Fries <i>640cal 5g sugar</i>    OR Tuna Cobb Salad <i>240cal 2g sugar</i>   	<u>LUNCH</u> Beef and Bean Chili, Sour Cream, Green Onions <i>170cal 3g sugar</i>  OR Chicken Quesadilla, Salsa & Sour Cream, Potato Wedges <i>300cal 1g sugar</i>  	<u>LUNCH</u> Fried Bologna Sandwich, Sweet Potato Fries <i>470cal 5g sugar</i>   OR Chicken Avocado Tomato Salad <i>180cal 2g sugar</i>	<u>LUNCH</u> Turkey Apple Cheddar Sandwich, Potato Wedges <i>530cal 6g sugar</i>    OR Garlic Shrimp, Spinach Salad <i>130cal 3g sugar</i> 	<u>LUNCH</u> Triple Grilled Cheese Sandwich with Tomato Soup <i>500cal 8g sugar</i>   OR Grilled Chicken Mediterranean Orzo Salad <i>500cal 7g sugar</i>  	<u>LUNCH</u> Salmon Burger, Onion Rings <i>790cal 12g sugar</i>    OR Quiche Lorraine <i>510cal 5g sugar</i>   	<u>LUNCH</u> Ham & Pineapple Pita Pizza <i>560cal 8g sugar</i>   OR Chicken a la King, Rice <i>510cal 5g sugar</i> 
<u>DESSERT</u> Cinnamon Coffee Cake with Caramel Sauce <i>490cal 37g sugar</i>   	<u>DESSERT</u> Brown Butter Pecan Bar <i>320cal 13g sugar</i>    	<u>DESSERT</u> Banana Pudding Parfait with Peanut Butter Cookie Crumble <i>370cal 32g sugar</i>    	<u>DESSERT</u> Portuguese Tart <i>340cal 23g sugar</i>   	<u>DESSERT</u> Soft Molasses Cookie with Vanilla Mousse <i>190cal 18g sugar</i>   	<u>DESSERT</u> Brandied Peach Slices <i>70cal 20g sugar</i>	<u>DESSERT</u> Banana Cake <i>420cal 44g sugar</i>   

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>DINNER</u> Sole Meuniere <i>170cal 1g sugar</i>   OR Chicken Thigh, Chalet Sauce <i>150cal 0g sugar</i>	<u>DINNER</u> Grilled Herbed Lamb Chops <i>170cal 0g sugar</i> OR Salmon Romesco <i>180cal 1g sugar</i>  	<u>DINNER</u> Greek Braised Beef Orzo Pasta, Crumbled Feta <i>430cal 9g sugar</i>   OR Breaded Pork Cutlet, Mushroom Gravy <i>500cal 2g sugar</i>  	Chicken, Potato Corn Soup <i>Ajiaco Santafereno</i>  Seared Red Snapper, Coconut Sauce <i>Pargo Rojo con Salsa Coco</i> with Coconut Rice  Braised Beef Short Rib Glazed with Colombian Coffee Reduction <i>Costilla de Braseada al Cafe</i> <i>Colombiano</i> with Coconut Rice  <i>Tres Leches Cake</i> with Passion Fruit Coulis	<u>DINNER</u> Loaded Beef Burger <i>590cal 6g sugar</i>   OR Fish & Chips, Coleslaw & Tartar Sauce <i>440cal 9g sugar</i>   	<u>DINNER</u> Honey Dijon Pork Tenderloin <i>180cal 12g sugar</i> OR Butter Chicken, Naan Bread <i>250cal 3g sugar</i>  	<u>DINNER</u> Roast Turkey, Sage Gravy <i>510cal 0g sugar</i> OR Ginger Beef, Vegetable Chow Mein Noodles <i>580cal 11g sugar</i>    
<u>DESSERT</u> Peach Upside Down Cake	<u>DESSERT</u> Blueberry Sour Cream Pie <i>230cal 12g sugar</i>   	<u>DESSERT</u> Strawberry Shortcake <i>220cal 28g sugar</i>   		<u>DESSERT</u> Apple & Cranberry Crumble <i>360cal 31g sugar</i>   	<u>DESSERT</u> Sticky Toffee Pudding Cake <i>180cal 32g sugar</i>   	<u>DESSERT</u> Cherry Pie <i>370cal 35g sugar</i>   

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Feature Potato: Roasted Sweet Potato
Menu Subject to Change

ALLERGENS



Egg



Fish



Dairy



Mustard



Peanut



Sesame



Soy



Tree Nuts



Wheat



Crustaceans