

Weekly Menu

October 19th – October 25th, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Caramelized Onion Soup <i>100cal 8g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> White Bean and Sausage <i>130cal 2g sugar</i>  	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Tomato Florentine <i>150cal 7g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Chicken Noodle Soup <i>70cal 0g sugar</i>  	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Roasted Corn and Potato Chowder <i>110cal 6g sugar</i> 	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Root Vegetable Puree <i>70cal 2g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Beef, Potato & Cabbage Soup <i>170cal 2g sugar</i>
<u>LUNCH</u> Meatball Sub Sandwich, Potato Wedges <i>660cal 6g sugar</i>    OR Halibut Caesar Salad <i>440cal 6g sugar</i>    	<u>LUNCH</u> Grilled Chicken & Avocado Wrap, Chips <i>450cal 4g sugar</i>   OR Beef Ravioli, Tomato Sauce, Garlic Bread <i>560cal 6g sugar</i>   	<u>LUNCH</u> Hot Chicken, Peas & Gravy Sandwich, Fries <i>400cal 6g sugar</i>   OR Salmon on Grilled Vegetable Greek Salad, Feta Cheese <i>190cal 2g sugar</i>  	<u>LUNCH</u> Beef Stew, Butter Bun <i>350cal 3g sugar</i>   OR Pork Belly, Lettuce Tomato Sandwich, Fries <i>670cal 3g sugar</i>  	<u>LUNCH</u> Grilled Honey Dijon Chicken, Pear and Pecan Salad <i>460cal 32g sugar</i>   OR Cheesy Tuna Noodle Casserole <i>260cal 4g sugar</i>   	<u>LUNCH</u> Salmon Salad on Spinach Greens with Apple Slices & Toasted Almonds <i>480cal 10g sugar</i>    OR Corned Beef & Swiss Wrap <i>510cal 3g sugar</i>  	<u>LUNCH</u> Pigs in a Blanket, Baked Beans & Coleslaw <i>460cal 20g sugar</i>    OR Chicken Wings (Vegetable Sticks & Ranch Dressing) Potato Salad <i>720cal 5g sugar</i>  
<u>DESSERT</u> Cinnamon Bun <i>360cal 30g sugar</i>  	<u>DESSERT</u> Coconut Cream Tart <i>430cal 24g sugar</i>   	<u>DESSERT</u> Oatmeal Vanilla Fig Bars <i>160cal 23g sugar</i>  	<u>DESSERT</u> Silk Chocolate Square <i>330cal 34g sugar</i>  	<u>DESSERT</u> Vanilla Custard with Cinnamon <i>110cal 12g sugar</i>  	<u>DESSERT</u> Carrot Cake Bars <i>300cal 35g sugar</i>  	<u>DESSERT</u> Tiramisu <i>210cal 0g 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> Grilled Salmon <i>120cal 0g sugar</i>  OR Chicken Drumsticks, Chasseur Sauce <i>280cal 1g sugar</i> 	<u>DINNER</u> Pork Tenderloin, Honey Garlic Sauce <i>280cal 36g sugar</i> OR Roast Beef, Peppercorn Sauce <i>190cal 0g sugar</i> 	<u>DINNER</u> Seafood Stuffed Sole, Lemon Sauce <i>190cal 0g sugar</i>     OR Grilled Bacon Wrapped Pork Medallions <i>180cal 1g sugar</i>	<u>DINNER</u> Chicken Cordon Bleu <i>100cal 1g sugar</i>    OR Spaghetti and Meatballs <i>280cal 6g sugar</i>   	<u>DINNER</u> Beef Liver, Bacon & Onions <i>310cal 2g sugar</i> OR Grilled Herbed Snapper, Lemon Oil and Capers <i>90cal 1g sugar</i> 	<u>DINNER</u> Buttermilk Fried Chicken <i>250cal 1g sugar</i>    OR BBQ Pork Ribs <i>720cal 9g sugar</i>	<u>DINNER</u> Fish Tacos, Salsa & Sour Cream <i>250cal 8g sugar</i>    OR Roasted Herbed Pork Loin, Onion Gravy <i>180cal 0g sugar</i>
<u>DESSERT</u> Peach Cobbler <i>200cal 31g sugar</i>   	<u>DESSERT</u> Cappuccino Mousse <i>170cal 14g sugar</i> 	<u>DESSERT</u> Key Lime Pie <i>440cal 40g sugar</i>   	<u>DESSERT</u> Rice Pudding with Nutmeg <i>140cal 15g sugar</i> 	<u>DESSERT</u> Boston Cream Cake <i>410cal 37g sugar</i>   	<u>DESSERT</u> Cherry Crumble <i>280cal 27g sugar</i>  	<u>DESSERT</u> Pecan Pie <i>50cal 2g sugar</i>    

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Feature Potato: Baked Potato
Menu Subject to Change

ALLERGENS



Egg



Fish



Dairy



Mustard



Peanut



Sesame



Soy



Tree Nuts



Wheat



Crustaceans