

Beverage List

Hot Beverages

Coffee: \$.65 To-go \$.85

Decaf
Regular

Hot Tea: \$.50

Decaf
Regular
Berry
Cinnamon Apple Spice
Lemon
Earl Grey
Mandarin Orange Spice
Green Tea
Peppermint
Chamomile
(selections may vary)

Hot Chocolate \$.65



Juices Sm. \$.60 Lg. \$1.00

Cranberry
Orange
Apple
Tomato
V-8
Low Sodium V-8

Soda Sm. \$.75 Lg. \$1.25

Diet Ginger Ale
Coke
Diet Coke
Sprite
Dr. Pepper
Iced Tea
Soda Water
Black Cherry Vitamin Water

Milk Sm. \$.60 Lg. \$1.00

2%
Whole Milk
Skim Milk
Almond Milk
Soy Milk
Chocolate Milk
Buttermilk

Monday Lunch

Soup

French Onion Soup GF

Onion, oil, butter, sugar, garlic, beef stock, red wine, bay leaves, thyme, pepper, worchestershire, croutons & cheese on the side

3/4 CUP = 170 Calories 4g Protein 10g Fat 3g Sat Fat 135mg Sodium 16g Carb 2g Fiber

Salads

Nicoise Salad VG GF

potato, green beans, egg, artichoke, radish, tomato, olives, capers, parsley, oil, lemon juice

1/2 CUP = 210 Calories 9g Protein 10g Fat 2g Sat Fat 280mg Sodium 21g Carb 6g Fiber

Entrees

Sauteed Chicken Tenders

Oil, chicken, paprika, pepper, garlic, Italian seasoning, parsley

3 each = 230 Calories 26g Protein 12g Fat 4.5g Sat Fat 55mg Sodium 3g Carb 1g Fiber

Sweet Potato Black Bean Burger VG

Sweet potato, oil, brown rice, black beans, onion, pecans, cumin, paprika, salt, pepper, chipotle powder, brown sugar

1 each = 150 Calories 3g Protein 7g Fat 2g Sat Fat 85mg Sodium 20g Carb 3g Fiber

Sides

French Fries VG DF

Peas GF VG V DF

Broccoli GF VG V DF

Fruit

Mixed Melon GF VG V DF

Dessert

Apple Crisp GF

NAME:

Milk / Juice / Hot Cocoa / Coffee

Tea / Soda

Menu is Subject to Change Without Notice

Monday Dinner

Soups

Mushroom Brie Bisque GF VG

Shallots, mushrooms, butter, vegetable stock, heavy cream, brie cheese, cornstarch

3/4 CUP = 350 Calories 9g Protein 32g Fat 20g Sat Fat 200mg Sodium 7g Carb 1g Fiber

Salads

Nicoise Salad GF VG

potato, green beans, egg, artichoke, radish, tomato, olives, capers, parsley, oil, lemon juice

1/2 CUP = 210 Calories 9g Protein 10g Fat 2g Sat Fat 280mg Sodium 21g Carb 6g Fiber

Entrees

Pork Porchetta GF

Pork tenderloin, garlic, sage, rosemary, pepper, fennel seed, orange, lemon juice, oil, bacon

5 oz = 180 Calories 13g Protein 12g Fat 4.5g Sat Fat 30mg Sodium 6g Carb 3g Fiber

Chicken Parmesan GF

Chicken breast, GF panko, garlic, parmesan, egg, mozzarella, oil, marinara

6 oz = 840 Calories 57g Protein 55g Fat 12g Sat Fat 880mg Sodium 26g Carb 1g Fiber

Wild Mushroom & Parsnip Ragot w/Cheese Polenta VG

Onion, clove, thyme, parsnips, shiitake mushroom, tomato paste, polenta, miso, oil, cornstarch, whole milk, parmesan cheese, red wine

8oz = 480 Calories 18g Protein 24g Fat 9g Sat Fat 570mg Sodium 57g Carb 14g Fiber

Sides

Peas GF VG V DF

Italian Vegetable Mix GF VG V DF

Parsley Linguini VG

Fruit

Mixed Melon GF VG V DF

Dessert

Apple Crisp GF

NAME:

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Tuesday Lunch

Soups

Butternut Squash & Apple Soup GF VG V DF

Oil, onion, garlic, apple, rosemary, sage, butternut squash, coconut milk, vegetable stock, pepper

3/4 CUP = 390 Calories 6g Protein 25g Fat 19g Sat Fat 135mg Sodium 45g Carb 11g Fiber

Salads

Fire & Ice Salad GF VG V DF

Tomato, green pepper, onion, cucumber, apple cider vinegar, sugar, mustard seed, celery seed, pepper

1/2 CUP = 70 Calories 2g Protein 1g Fat 0g Sat Fat 10mg Sodium 16g Carb 16g Fiber

Entrees

Cashew & Vegetable Curry GF VG V DF

Coconut oil, cashews, shallots, mustard seed, garlic, ginger, turmeric, curry, chili powder, chilies, red peppers, eggplant, coconut milk, cauliflower

8 oz = 590 Calories 12g Protein 47g Fat 32g Sat Fat 80mg Sodium 41g Carb 11g Fiber

Roasted Red Pepper & Turkey Wrap

Flour tortilla, turkey, cream cheese, spinach, red peppers

1 each = 410 Calories 32g Protein 10g Fat 3g Sat Fat 1230mg Sodium 48g Carb 4g Fiber

Sides

Waffle Fries VG DF

Sauteed Garlic Kale GF VG V DF

Corn GF VG V DF

Fruit

Chilled Pears GF VG V DF

Dessert

Bread Pudding

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Tuesday Dinner

Soups

Italian Vegetable Beef Soup GF DF

Ground beef, onion, tomato, cabbage, potato, white beans, mushrooms, carrots, green pepper, peas, celery, beef broth, parsley, pepper, Italian seasoning, bay leaf

3/4 CUP = 240 Calories 14g Protein 5g Fat 2g Sat Fat 220mg Sodium 36g Carb 8g Fiber

Salads

Fire & Ice Salad GF VG V DF

Tomato, green pepper, onion, cucumber, apple cider vinegar, sugar, mustard seed, celery seed, pepper

1/2 CUP = 70 Calories 2g Protein 1g Fat 0g Sat Fat 10mg Sodium 16g Carb 16g Fiber

Entrees

Cajun Catfish GF DF

Catfish, pepper, garlic, onion powder, paprika, parsley, oregano, thyme, oil

5 oz = 580 Calories 27g Protein 51g Fat 5g Sat Fat 170mg Sodium 3g Carb 1g Fiber

Steak Au Poivre (French Pepper Steak) GF

Sirloin steak, pepper, butter, oil, heavy cream, cognac

6 oz = 720 Calories 48g Protein 50g Fat 25g Sat Fat 115mg Sodium 7g Carb 2g Fiber

Cashew & Vegetable Curry GF VG V

Coconut oil, cashews, shallots, mustard seed, garlic, ginger, turmeric, curry, chili powder, chilies, red peppers, eggplant, coconut milk, cauliflower

8 oz = 590 Calories 12g Protein 47g Fat 32g Sat Fat 80mg Sodium 41g Carb 11g Fiber

Sides

Corn GF VG V DF

Broccoli GF VG V DF

Dirty Rice GF VG V DF

Fruit

Chilled Pears GF VG V DF

Dessert

Bread Pudding

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Wednesday Lunch

Soups

Chili GF DF

Oil, onion, ground beef, chili powder, cumin, sugar, tomato paste, garlic, pepper, cayenne, beef stock, tomato, kidney beans, tomato sauce
¾ CUP = 310 Calories 23g Protein 13g Fat 4g Sat Fat 490mg Sodium 26g Carb 6g Fiber

Salads

Baby Beet Salad GF VG

Beets, oil, arugula, gorgonzola, pecans, red wine vinegar, brown sugar, Dijon mustard, garlic
½ CUP = 420 Calories 10g Protein 37g Fat 9g Sat Fat 440mg Sodium 16g Carb 4g Fiber

Entrees

Grilled Ham & Gouda Sandwich

Wheat bread, butter, ham, gouda, spinach, peach, Dijon
1 each = 539 Calories 25.7g Protein 36.3g Fat 20.6g Sat Fat 1367mg Sodium 29.4g Carb 4.2g Fiber

Vegetarian Chicken w/Roasted Tomato, Spinach, Penne & Pesto

Oil, vegan chicken, pepper, penne pasta, pesto, plain yogurt, spinach, tomato, red pepper, mozzarella, basil, parmesan
6oz = 260 Calories 12g Protein 12g Fat 3.5g Sat Fat 310mg Sodium 27g Carb 1g Fiber

Sides

Sweet Potato Fries VG
Sauteed Spinach GF VG V DF
Broccoli GF VG V DF

Fruit

Fresh Blueberries GF VG V DF

Dessert

Chocolate Cake

NAME:

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Wednesday Dinner

Soups

Potato Leek Soup GF VG

Butter, leeks, garlic, potato, vegetable stock, bay leaves, thyme, pepper, 2%

¾ CUP = 240 Calories 7g Protein 8g Fat 4g Sat Fat 210mg Sodium 42g Carb 11g Fiber

Salads

Baby Beet Salad GF VG

Beets, oil, arugula, gorgonzola, pecans, red wine vinegar, brown sugar, Dijon mustard, garlic

½ CUP = 420 Calories 10g Protein 37g Fat 9g Sat Fat 440mg Sodium 16g Carb 4g Fiber

Entrees

Vegetarian Chicken w/Roasted Tomato, Spinach, Penne & Pesto

Oil, vegan chicken, pepper, penne pasta, pesto, plain yogurt, spinach, tomato, red pepper, mozzarella, basil, parmesan

6oz = 260 Calories 12g Protein 12g Fat 3.5g Sat Fat 310mg Sodium 27g Carb 1g Fiber

Pecan Crusted Trout GF

Rainbow trout, egg, pecans, rosemary, pepper, cornstarch

1 serving = 390 Calories 42g Protein 23g Fat 3.5g Sat Fat 130mg Sodium 2g Carb 1g Fiber

CONTAINS NUTS

Garlic & Herb Turkey GF

Turkey breast, butter, salt, pepper, garlic, sage, rosemary, thyme, parsley

1 serving = 440 Calories 56g Protein 23g Fat 9g Sat Fat 320mg Sodium 1g Carb 0g Fiber

Sides

Mashed Potatoes GF VG

Sauteed Spinach GF VG V DF

Roasted Butternut Squash GF VG V DF

Fruit

Fresh Blueberries GF VG

V DF

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Dessert

Chocolate Cake

Thursday Lunch

Soups

Vegan Corn Chowder GF VG V DF

Onion, garlic, bell pepper, celery, thyme, paprika bay leaves, vegetable stock, corn, potato

¾ CUP = 270Calories 8g Protein 1.5g Fat 0g Sat Fat 135mg Sodium 63g Carb 7g Fiber

Salads

Coleslaw GF VG

Cabbage, carrots, mayo, vinegar, sugar, celery seed, salt, pepper

½ CUP = 100 Calories 2g Protein 4.5g Fat .5g Sat Fat 200mg Sodium 15g Carb 4g Fiber

Entrees

Chicken Caesar Wrap

Chicken, lettuce, tomato, parmesan, croutons, pepper, Caesar dressing, flour tortilla

1 serving = 530 Calories 32g Protein 25g Fat 6g Sat Fat 600mg Sodium 42g Carb 3g Fiber

Assorted Pizza

Vegetable Pizza, Pepperoni Pizza, Cheese Pizza, Meat Lovers Pizza

1 Slice = 353 Calories 15.96g Protein 14.35 Fat 5.231g Sat Fat 777mg Sodium 40.02g Carb 2.5g Fiber

Sides

French Fries VG DF
Collard Greens GF VG V DF
Broccoli GF VG V DF

Fruit

Pineapple GF VG V DF

Dessert

Fruit Strudel

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Thursday Dinner

Soups

Split Pea & Ham Soup GF

Split peas, butter, onion, garlic, chicken stock, ham, bacon, thyme, bay leaves, carrots, celery

¾ CUP = 300 Calories 24g Protein 8g Fat 2.5g Sat Fat 620mg Sodium 40g Carb 12g Fiber

Salads

Coleslaw GF VG

Cabbage, carrots, mayo, vinegar, sugar, celery seed, salt, pepper

½ CUP = 100 Calories 2g Protein 4.5g Fat .5g Sat Fat 200mg Sodium 15g Carb 4g Fiber

Entrees

BBQ Pulled Pork without Bun

Pork shoulder, chicken stock, bbq sauce, vinegar, liquid smoke, onion, garlic, brown sugar, paprika, salt, chili powder, pepper, cumin, mustard, cayenne

BUN AVAILABLE

1 serving = 540 Calories 39g Protein 35g Fat 13g Sat Fat 320mg Sodium 15g Carb 1g Fiber

Roasted Vegetable Risotto VG V DF CONTAINS NUTS

Onion, mushrooms, carrots, beets, oil, garlic, white wine, rice, cashews, vegetable stock, white beans, nutritional yeast

12 oz = 390 Calories 14g Protein 9g Fat 1.5g Sat Fat 250mg Sodium 64g Carb 11g Fiber

Southern Fried Chicken GF AVAILABLE

Chicken breast, buttermilk, egg, Hot sauce, flour, celery salt, garlic, paprika, white pepper

1 serving = 270 Calories 39g Protein 5g Fat 1.5g Sat Fat 150mg Sodium 14g Carb 1g Fiber

Sides

Steamed Cauliflower GF VG V DF

Collard Greens GF VG V DF

Bourbon Mashed Sweet Potatoes GF

Fruit

Pineapple GF VG V DF

Dessert

Fruit Strudel

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Friday Lunch

Soups

Carrot Ginger Soup GF VG DF

Oil, onion, salt, carrots, potato, lemon juice, ginger, pepper
3/4 CUP = 100 Calories 2g Protein 3.5g Fat .5g Sat Fat 180mg Sodium 17g Carb 4g Fiber

Salads

Tabbouleh Salad VG DF

Bulgur wheat, cucumber, tomato, parsley, mint, onion, oil,
lemon juice, garlic

½ CUP = 160 Calories 3g Protein 13g Fat 2g Sat Fat 50mg Sodium 11g Carb 4g Fiber

Entrees

Gyro

Beef & lamb gyro meat, pita bread, onion, tomato, tzatziki
8 oz = 320 Calories 19g Protein 13g Fat 4.5g Sat Fat 710mg Sodium 33g Carb 4g Fiber

Vegetarian Gyro

Portobello, oil, Greek seasoning, pita bread, cucumber, plain yogurt,
lemon, dill, garlic, pepper

1 each = 380 Calories 14g Protein 9g Fat 1.5g Sat Fat 550mg Sodium 65g Carb 5g Fiber

Salmon Burger w/ Chipotle Aioli

Salmon burger, mayo, chipotle, lime, lettuce, pickled onion, dill pickles,
brioche bun

1 each = 240 Calories 20g Protein 16g Fat 2g Sat Fat 580mg Sodium 6g Carb 0g Fiber

Sides

Fruit

Couscous VG
Green Beans GF VG V DF
Roasted Asparagus GF VG V DF

Melon Cubes GF VG V DF

Dessert

Lemon Squares

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Friday Dinner

Soups

Chicken Spinach Soup GF

Onion, celery, garlic, chicken stock, rice, spinach, chicken breast, pepper, parsley, parmesan

3/4 CUP = 110 Calories 15g Protein 3g Fat 1g Sat Fat 140mg Sodium 8g Carb 1g Fiber

Salads

Tabbouleh Salad VG DF

Bulgur wheat, cucumber, tomato, parsley, mint, onion, oil, lemon juice, garlic

1/2 CUP = 160 Calories 3g Protein 13g Fat 2g Sat Fat 50mg Sodium 11g Carb 4g Fiber

Entrees

Spaghetti Squash Lasagna GF VG

Spaghetti squash, oil, onion, garlic, tomato, Italian seasoning, red pepper flakes, pepper, ricotta, egg, spinach, mozzarella, parmesan

1 3X3 square = 300 Calories 18g Protein 12g Fat 6g Sat Fat 480mg Sodium 35g Carb 7g Fiber

Lobster & Shrimp Pot Pie

Shrimp, lobster, puff pastry, egg, butter, carrots, celery, onion, potato, garlic, flour, white wine, clam juice, 1/2 & 1/2, chicken stock, peas

1 serving = 570 Calories 22g Protein 34g Fat 10g Sat Fat 540mg Sodium 42g Carb 2g Fiber

Moroccan Lamb Meatballs w/Tzatziki Sauce GF

Ground lamb, onion, GF panko, egg, garlic, cilantro, cumin, coriander, paprika, cinnamon, pepper, tzatziki

1 serving = 460 Calories 33g Protein 29g Fat 11g Sat Fat 290mg Sodium 16g Carb 3g Fiber

Sides

Couscous VG

Green Beans GF VG V DF

Broccoli GF VG V DF

Fruit

Melon Cubes GF VG V DF

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Dessert

Lemon Squares

Saturday Lunch

Soups

Beef Barley Soup DF

Beef chuck, oil, carrots, celery, onion, tomato paste, garlic, beef stock, soy sauce, rosemary, thyme, barley
3/4 CUP = 340 Calories 40g Protein 13g Fat 4g Sat Fat 460mg Sodium 16g Carb 3g Fiber

Salads

Panzanella

Sourdough bread, oil, onion, tomato, cucumber, mozzarella, basil, sherry vinegar, cloves, Dijon mustard, salt, pepper
½ CUP = 370 Calories 12g Protein 19g Fat 5g Sat Fat 410mg Sodium 54g Carb 18g Fiber

Entrees

Egg Salad on a Croissant

1 each = 587 Calories 24.07g Protein 40.79g Fat 13.5g Sat Fat 729mg Sodium 29.31g Carb 2g Fiber

Baked Ziti and Meat Sauce

Ground beef, tomato sauce, oil, ziti pasta, mozzarella
6 oz = 271 Calories 18.88g Protein 10.48g Fat 4.102g Sat Fat 454mg Sodium 24.95g Carb 2.3g Fiber

Sides

Steamed Spinach GF VG V DF

Sweet Potato Fries VG

Broccoli GF VG V DF

Fruits

Baked Apples GF VG

Desserts

Brown Sugar Coffee Cake

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Saturday Dinner

Soups

Cream of Onion Soup GF VG

Onion, butter, white pepper, thyme, cornstarch, sherry, vegetable stock, heavy cream, lemon juice, hot sauce

¾ CUP = 330 Calories 3g Protein 27g Fat 17g Sat Fat 360mg Sodium 18g Carb 2g Fiber

Salads

Panzanella

Sourdough bread, oil, onion, tomato, cucumber, mozzarella, basil, sherry vinegar, cloves, Dijon mustard, salt, pepper

½ CUP = 370 Calories 12g Protein 19g Fat 5g Sat Fat 410mg Sodium 54g Carb 18g Fiber

Entrees

Tuscan Baked Chicken GF

Chicken breast, oil, salt, Italian seasoning, paprika, pepper, heavy cream, garlic, cornstarch, sundried tomatoes, parmesan, spinach

1 serving = 450 Calories 32g Protein 32g Fat 17g Sat Fat 330mg Sodium 8g Carb 1g Fiber

Beef Tenderloin w/Bearnaise GF DF

Beef tenderloin, garlic, rosemary, thyme, salt, pepper, oil, vinegar, shallots, tarragon, egg, butter, lemon juice

1 serving = 790 Calories 45g Protein 66g Fat 27g Sat Fat 440mg Sodium 3g Carb 1g Fiber

Vegan Stuffed Peppers w/Cheese Spinach & Artichokes VG

Oil, belle pepper, garlic, mushroom, artichoke, spinach, thyme, vegan cream cheese, vegan mozzarella cheese

1 each = 590 Calories 24g Protein 20g Fat 8g Sat Fat 670mg Sodium 99g Carb 19g Fiber

Sides

Baked Potato GF VG V DF

Roasted Tomato GF VG V DF

Steamed Spinach GF VG V DF

Fruits

Baked Apples GF VG

Desserts

Brown Sugar Coffee Cake

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Sunday Lunch

Soups

Italian Wedding Soup

Escarole, ground beef, egg, breadcrumbs, parmesan, basil, onion, orzo, carrots, chicken stock

¾ CUP = 30 Calories 2g Protein 1g Fat 0g Sat Fat 40mg Sodium 3g Carb 1g Fiber

Salads

Waldorf Salad

Apples, grapes, celery, walnuts, mayo, sour cream, lemon juice, sugar

½ Cup = 160 Calories 2g Protein 9g Fat 2g Sat Fat 100mg Sodium 20g Carb 3g Fiber

Entrees

Prime Rib GF

Beef ribeye, onion, garlic, rosemary, butter, pepper, cornstarch, red wine, beef demi-glace

3 OZ = 900 Calories 21g Protein 88g Fat 50g Sat Fat 80mg Sodium 4g Carb 1g Fiber

Eggplant Roulade w/Sweet Pepper Puree VG

Eggplant, oil, pepper, ricotta, spinach, parmesan, egg, Italian seasoning, marinara, basil, mozzarella

2 each = 320 Calories 21g Protein 20g Fat 9g Sat Fat 440mg Sodium 16g Carb 6g Fiber

Scallops Au Gratin

milk, heavy cream, white wine, Dijon mustard, pepper, scallops, onion, butter, mushrooms, tarragon, asiago, breadcrumbs, butter, parmesan

1 serving = 550 Calories 46g Protein 30g Fat 18g Sat Fat 1490mg Sodium 24g Carb 2g Fiber

Sides

Roasted Asparagus GF VG V DF

Broccoli GF VG V DF

Roasted Garlic Fingerling Potatoes
GF VG

Fruits

Pineapple GF VG V DF

Desserts

Pineapple Upside Down Cake

NAME:

Milk / Juice / Hot Cocoa / Coffee

Sunday Dinner

Soups

Vegetarian Chili GF VG V DF

Oil, onion, garlic, tomato, quinoa, green chiles, chili powder, cumin, cocoa powder, paprika, hot sauce, kidney beans, black beans, corn

¾ CUP = 170 Calories 6g Protein 4.5g Fat .5g Sat Fat 340mg Sodium 30g Carb 7g Fiber

Salads

Waldorf Salad

Apples, grapes, celery, walnuts, mayo, sour cream, lemon juice, sugar

½ Cup = 160 Calories 2g Protein 9g Fat 2g Sat Fat 100mg Sodium 20g Carb 3g Fiber

Entrees

Scallops Au Gratin GF

milk, heavy cream, white wine, Dijon mustard, pepper, scallops, onion, butter, mushrooms, tarragon, asiago, GF panko, butter, parmesan

1 serving = 550 Calories 46g Protein 30g Fat 18g Sat Fat 1490mg Sodium 24g Carb 2g Fiber

Roast Beef Sandwich

1 each = 271 Calories 21.17g Protein 7.59g Fat 2.558g Sat Fat 299mg Sodium 28.07g Carb 1.5g Fiber

Sides

Roasted Asparagus GF VG DF

Mashed Potatoes / gravy

Roasted Carrots GF VG DF

Fruits

Pineapple GF VG V DF

Desserts

Pineapple Upside Down Cake

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Tea / Soda