

# Menu for the Week of January 22<sup>nd</sup> – January 26<sup>th</sup>

For healthy choices, see the **ORANGE** selections below.

DAY	BREAKFAST	LUNCH	ITEM
<b>Monday</b>	Vegetable or Meat Frittata \$4.75	<b>Soup of the Day</b> <ul style="list-style-type: none"> <li>• <b>Butternut Squash Soup with candied pecans</b></li> <li>• Italian Wedding Soup</li> </ul> <b>Entrée</b> <ul style="list-style-type: none"> <li>• Chicken Pot Pie with Vegetables</li> <li>• Chef Salad with Choice of dressing and served with crispy bread</li> </ul>	Pot Pie: \$4.95 Salad: \$6.25 Bread: \$0.60
<b>Tuesday</b>	Traditional Oatmeal with choice of toppings \$2.50	<b>Soup of the Day</b> <ul style="list-style-type: none"> <li>• <b>Vegetarian—Clear Vegetable Stew Soup with potatoes and fresh herbs</b></li> <li>• Italian Wedding Soup</li> </ul> <b>Entrée</b> <ul style="list-style-type: none"> <li>• Chicken style fried steak served with mashed potatoes, corn, and gravy</li> <li>• American Chop Suey served with garlic bread</li> </ul>	Steak: \$3.95 Mashed: \$1.20 Corn: \$1.20 American Chop Suey: \$4.95 Bread: \$0.70
<b>Wednesday</b>	Egg white on Arnold bread roll with provolone cheese, avocado, and chicken sausage \$4.50	<b>Soup of the Day</b> <ul style="list-style-type: none"> <li>• <b>Vegetarian—Clear Vegetable Stew Soup with potatoes and fresh herbs</b></li> <li>• <b>Cheddar Ale Soup with Rye Bread Croutons</b></li> </ul> <b>Entrée</b> <ul style="list-style-type: none"> <li>• <b>Grilled Teriyaki Beef Tips served on Basmati rice with Stir-fry vegetables</b></li> <li>• Austrian Crepe filled with ground meat and served with a roasted garlic cream sauce with fresh herbs and seasonal vegetables</li> </ul>	Beef: \$7.50 Rice: \$1.20 Veg: \$1.50 Crepe: \$4.95 Veg: \$1.20
<b>Thursday</b>	Yogurt Bar with choice of Fruit, seeds, nuts, and granola toppings \$5.00	<b>Soup of the Day</b> <ul style="list-style-type: none"> <li>• <b>Vegetarian—Chunky Mushroom Soup with fresh rosemary croutons</b></li> <li>• <b>Cheddar Ale Soup with Rye Bread Croutons</b></li> </ul> <b>Entrée</b> <ul style="list-style-type: none"> <li>• Panko crusted baked Haddock Filet served with buttered parsley potatoes, sautéed spinach and lemon wine sauce</li> <li>• Hot Buffalo Chicken Sandwich on a Talara Roll with lettuce and tomatoes and bleu cheese mayo</li> </ul>	Haddock: \$6.00 Potato: \$1.20 Spinach: \$1.50 Sandwich: \$5.75
<b>Friday</b>	Sausage with Biscuits and Gravy \$4.95	<b>Soup of the Day</b> <ul style="list-style-type: none"> <li>• <b>Vegetarian- Chunky Mushroom Soup with fresh rosemary croutons</b></li> <li>• Chef's choice</li> </ul> <b>Entrée</b> <ul style="list-style-type: none"> <li>• <b>Sautéed Turkey Strips Swiss style in a Brandy cream Demi glaze sauce served over butter noodles with green peas and sautéed button mushrooms</b></li> <li>• Chef's Choice</li> </ul>	Turkey: \$4.95 Noodles: \$1.20 Peas: \$1.20

**Dinner Specials Announced Daily!**

*Disclosure: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.*