

Menu for the Week of January 15th to January 19th

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

DAY	BREAKFAST	LUNCH	ITEM
Monday	Creamy steel cut oats with fresh apples, spices and walnuts \$2.95	Soup of the Day <ul style="list-style-type: none"> • Vegetarian—Roasted Garlic Cream Soup garnished with Rye bread croutons and chives • Fish Chowder with scallions Entrée <ul style="list-style-type: none"> • Seared Chicken Breast topped with a mixture of roasted artichokes, sautéed tomatoes, onions and capers. Served on butter noodles with broccoli/ asparagus mix • Tuna melt on a Focaccia roll with tomatoes, Fontina cheese and served with a marinated side salad 	Chicken: \$3.95 Noodles: \$1.20 Broccoli: \$1.20 Tuna: \$6.00
Tuesday	Yogurt Bar with choice of Fruit, seeds, nuts, and granola toppings \$5.00	Soup of the Day <ul style="list-style-type: none"> • Vegetarian—Roasted Garlic Cream Soup garnished with Rye bread croutons and chives • Texas Steak Soup with beans and vegetables Entrée <ul style="list-style-type: none"> • Seared Pork Loin Steak in a light Dijon cream sauce served over whole grain rice with seasonal vegetables • Chicken Caesar Salad with croutons and grape tomatoes 	Pork: \$3.95 Rice: \$1.50 Veg: \$1.20 Caesar Salad: \$6.25
Wednesday	Southwestern egg wrap with salsa and sour cream \$4.95	Soup of the Day <ul style="list-style-type: none"> • Vegetarian—Country Style Tomato Soup with Basil • Texas Steak Soup with beans and vegetables Entrée <ul style="list-style-type: none"> • Lemon herb roasted half chicken served with roasted potatoes and Julienne vegetables • Pizza Slice of choice 	Chicken: \$4.25 Potatoes: \$1.20 Julienne: \$1.50 Pizza: \$2.95
Thursday	Gluten free Blueberry Pancakes served with Maple Syrup \$5.25	Soup of the Day <ul style="list-style-type: none"> • Vegetarian—Country Style Tomato soup with Basil • Chicken Corn Chowder with Scallions Entrée <ul style="list-style-type: none"> • Beef Pot Roast with gravy over mashed potatoes and served with seasonal vegetables • Grilled Cheese or Ham and Cheese on home baked bread served with a cup of tomato soup 	Beef: \$5.75 Mashed: \$1.20 Veg: \$1.20 Grilled Cheese: \$2.50 Ham & Cheese: \$3.50 Soup: \$1.75
Friday	Traditional Eggs Benedict: 2 poached eggs over English muffin with Canadian bacon and Hollandaise sauce \$5.75	Soup of the Day <ul style="list-style-type: none"> • Vegetarian- Chef's Choice • Chicken Corn Chowder with Scallions Entrée <ul style="list-style-type: none"> • Fried Haddock with tartar sauce and potato skins • Chicken Parmesan on Linguini with Marinara Sauce and garlic bread 	Haddock: \$6.00 Skins: \$2.50 Chicken: \$4.95 Pasta: \$1.50 Garlic bread: \$0.70

Dinner Specials Announced Daily!

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

