

# Menu for the Week of July 17<sup>th</sup> to July 21<sup>st</sup>

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

DAY	BREAKFAST	LUNCH	ITEM
<b>Monday</b>	Soft Whole Grain Oatmeal garnished with toasted nuts and Maple Syrup <b>\$2.75</b>	<b>Soup of the Day</b> <ul style="list-style-type: none"> <li><b>Vegetarian</b>– Chilled Peach Soup garnished with raspberry drizzle</li> <li>Chicken Corn Chowder with Scallions</li> </ul> <b>Entrée</b> <ul style="list-style-type: none"> <li>Open faced Tuna melt on an English muffin</li> <li>Classic Meatloaf served on mashed potatoes with green peas</li> </ul>	<b>Tuna Melt: \$4.50</b>  <b>Meatloaf: \$4.95</b> <b>Mashed: \$1.20</b> <b>Peas: \$1.20</b>
<b>Tuesday</b>	Egg Florentine: Toasted English Muffin with Poached Eggs on sautéed spinach, tomatoes and topped with Hollandaise sauce <b>\$5.95</b>	<b>Soup of the Day</b> <ul style="list-style-type: none"> <li><b>Vegetarian</b>–Chilled Pina Colada Soup garnished with toasted Coconut</li> </ul> <b>Entrée</b> <ul style="list-style-type: none"> <li><b>Grilled Chicken on a Baja Salad: local greens with Black beans, corn, avocado, fine red onions, tomatoes and a Cilantro Lime Vinaigrette served with a fresh baked Baguette</b></li> <li>Roasted Pork Tenderloin with a dark whole grain mustard served on roasted sweet potatoes and seasonal vegetables</li> </ul>	<b>Salad: \$6.25</b> <b>Baguette: \$0.70</b>  <b>Pork: \$4.95</b> <b>Sweet Potatoes: \$1.50</b> <b>Veg: \$1.20</b>
<b>Wednesday</b>	South of the Boarder Breakfast wrap with eggs, spicy sausage, vegetables and Cheddar cheese <b>\$4.50</b>	<b>Soup of the Day</b> <ul style="list-style-type: none"> <li><b>Vegetarian</b>–Chilled Pina Colada Soup garnished with toasted Coconut</li> <li>Pasta Fazool with Parsley</li> </ul> <b>Entrée</b> <ul style="list-style-type: none"> <li><b>Grilled marinated Portobello mushroom sandwich with fresh tomatoes, and Mozzarella on roasted Garlic bread served with a tossed salad</b></li> <li>Turkey Kabob with a Peach Salsa on a bed of nut couscous and broccoli</li> </ul>	<b>Portobello Sandwich: \$5.50</b>  <b>Turkey Kabob: \$4.90</b> <b>Couscous: \$1.50</b> <b>Broccoli: \$1.20</b>
<b>Thursday</b>	Yogurt Bar with choice of fruit, seeds, nuts, and granola toppings <b>\$5.00</b>	<b>Soup of the Day</b> <ul style="list-style-type: none"> <li>Pasta Fazool with Parsley</li> <li><b>Vegetarian</b>- White Button Mushroom Cream Soup garnished with fresh Scallions and Croutons</li> </ul> <b>Entrée</b> <ul style="list-style-type: none"> <li>White Chicken Vegetable Lasagna served with Marinara sauce and garlic bread</li> <li><b>Roasted NY Strip Loin with Red wine European fresh herb butter served with green beans and baked potato</b></li> </ul>	<b>Lasagna: \$5.50</b> <b>Bread: \$0.70</b>  <b>NY Strip Loin: \$6.50</b> <b>Beans: \$1.20</b> <b>Baked Potato: \$1.75</b>
<b>Friday</b>	Choice of assorted Breakfast pizzas: Meat or vegetarian <b>\$4.95</b>	<b>Soup of the Day</b> <ul style="list-style-type: none"> <li><b>Vegetarian</b>- White Button Mushroom Cream Soup garnished with fresh Scallions and Croutons</li> <li>Chef's choice</li> </ul> <b>Entrée</b> <ul style="list-style-type: none"> <li>Fried Haddock served with Potato skins and Tartar Sauce</li> <li>Turkey Ruben Sandwich with Cole Slaw and cranberry mayo on Italian Sour dough bread</li> </ul>	<b>Haddock: \$6.00</b> <b>Skins: \$2.00</b>  <b>Ruben: \$5.50</b>

**Dinner Specials Announced Daily!**

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

