

MON July 31

BREAKFAST

*Meat or vegetable Quiche \$3.95

LUNCH

SOUP OF THE DAY

South western Corn chowder with Cilantro

Vegetarian: Italian Vegetable soup with Quinoa

Entrée

*Seared Chicken Breast over Rotini Pasta with a light
Lemon basil Sauce and Julienne Vegetables
Chicken: 5.95
Pasta: 1.60
Vegetables: 1.95

*Traditional Shepherd's Pie with ground Beef and
Cream Corn
Sheppard's Pie: 6.50

WED August 2

BREAKFAST

* Poached Eggs on Corned Beef Hash topped with
Hollandaise Sauce \$7.50

LUNCH

SOUP OF THE DAY

Thai Chicken and rice Soup

Vegetarian: Brett's chilled Pina Colada Soup
garnished with toasted Coconut

Entrée

*Pulled Pork Sandwich on a Kaiser roll with French
fries and Cole Slaw
Pulled Pork
Sandwich: 6.60
Fries: 2.95
Slaw: 1.60

*Baked Haddock with a light Fresh Dill cream
sauce with rice pilaf and mixed vegetables
Haddock: 7.50
Rice: 1.60
Veg: 1.60

FRI August 4

BREAKFAST

*Farmers Breakfast: 2 Eggs, ham steak and home
fries \$7.50

LUNCH

SOUP OF THE DAY

Chef's Choice

Chunky Potato and Broccoli topped with
Shredded Cheddar Cheese

Entrée

*Fried Shrimp Po' boy Sub with Lettuce Tomato,
and a Creole Mayo with a side of Fried Pickles
Po Boy: 6.60
Fried Pickles: 2.95

*Roasted pork loin served with a dark pan sauce,
Au Gratin Potatoes, and Glazed Carrots
Pork: 5.25
Au Gratin: 1.95
Carrots: 1.60

TUE August 1

BREAKFAST

Apple pancakes Topped with an Apple Cinnamon
Ragout and walnuts \$6.25

LUNCH

SOUP OF THE DAY

Vegetarian: Brett's chilled Pina Colada Soup
garnished with toasted Coconut

South western Corn chowder with Cilantro

Entrée

*Spicy Grilled Chicken Caesar Wrap in a flour
Tortilla served with Potato Skins
Wrap: 6.25
Skins: 2.75

*Ginger Marinated Beef tips with Stir fry
vegetables and white rice
Beef tips: 8.00
Veg: 1.95
Rice: 1.60

THU August 3

BREAKFAST

Yogurt Bar with Choice of Seeds, Nuts, Granola,
and Assorted Fruit \$6.50/lb

LUNCH

SOUP OF THE DAY

Chunky Potato and Broccoli topped with
Shredded Cheddar Cheese and Scallions

Thai Chicken and rice Soup

Entrée

*Grilled Skirt steak served with baked potato and
Green Beans.
Skirt Steak: 7.50
Potato: 1.95
Gr Beans: 1.60

*Georgia Peach Salad: Grilled Chicken breast on
Mixed Greens, Spinach, Carrots, Cucumbers,
Tomatoes, Candied Pecans, fresh Peaches with a
homemade Poppy seed citrus Dressing.
Salad: 7.50

DISCLAIMER:

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

The kitchen is closed between 10:00 AM and 11:00 AM, but the cafeteria will remain open with a limited selection of food options.