

Menu for the Week of 9-11 to 9-15 2023

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

DAY	BREAKFAST	LUNCH	ITEM
Monday	9-11-23 *Breakfast Sandwich with Egg, Bacon, and Cheddar Cheese on a Plain bagel. 3.50	Soup of the Day <ul style="list-style-type: none">New England Clam ChowderFrench Onion Soup with Cheese Float and Chives Entrée <ul style="list-style-type: none">Hot Pastrami on Rye with Swiss cheese, Served with French Fries.*Seared Honey Ginger Glazed Chicken Breast served with Stir-fried Vegetables and Brown Rice	Sandwich: 6.60 Fries: 2.95 Chicken: 4.95 Rice : 1.80 Vegetables: 1.60
Tuesday	Pumpkin walnut Pancakes Syrup 6.25	Soup of the Day <ul style="list-style-type: none">Vegetarian: Creamy Vegetable SoupFrench Onion Soup with Cheese Float and Chives Entrée <ul style="list-style-type: none">*Swedish Meatballs Smothered in a gravy cream sauce and served with Egg NoodlesRoasted Vegetable Stack, Planks of Zucchini Summer Squash, Carrots, fresh Peppers all sitting on a Portabella mushroom Cap with Mozzarella Melted over top. Served with small Cous cous and a Tomato carrot sauce	Meatballs: 4.95 Noodles: 1.95 Stack: 6.50 Cous Cous: 1.80
Wednesday	*Southwestern Frittata 5.95	Soup of the Day <ul style="list-style-type: none">Chicken Tortilla, Garnished with crispy Tortillas strips and fresh CilantroVegetarian: Creamy Vegetable Soup Entrée <ul style="list-style-type: none">*Roasted Pork Loin, with a pan Sauce, Broccoli, and Mashed Potatoes.*Grilled Salmon with a Dill Cream Sauce, Rice Pilaf, and Sautéed Spinach.	Pork: 5.25 Broccoli: 1.60 Potatoes: 1.80 Salmon: 7.50 Rice: 1.80 Spinach: 1.60
Thursday	Yogurt Bar with your Choice of topping \$6.50 per lb	Soup of the Day <ul style="list-style-type: none">Chicken Tortilla , Garnished with crispy Tortillas strips and fresh CilantroVegetarian: Middle Eastern Lentil Soup Entrée <ul style="list-style-type: none">Dori’s Ricotta Stuffed Shells with Marinara Sauce, Julienne Vegetables and Garlic Bread*Loaded Steak Tips with Peppers, Onion, Mushrooms, Served with Red Potatoes, and Glazed Carrots.	Shells: 6.50 Vegetables: 1.60 Bread: .80 Tips: 8.00 Potatoes: 1.80 Carrots: 1.60
Friday	*Classic eggs Benedict 2 Poached eggs on Canadian Bacon on an English muffin and topped with Hollandaise sauce 6.50	Soup of the Day <ul style="list-style-type: none">Chef’s Choice Entrée <ul style="list-style-type: none">*Fried Haddock, with Fries and Tartar Sauce*California Protein Bowl with Grilled Chicken Black Bean, Avocados, Roasted Corn& chick peas, Served over multi grain Rice with Pico de Gallo.	Haddock: 7.50 Fries: 2.95 Bowl: 8.00

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

- Cafeteria Hours are: Monday through Friday 6:30 am to 7 pm, closed for break from 3:30 pm to 4:00 pm
- Saturday and Sunday 6:30 am to 2 pm
- Breakfast will be served Monday - Friday from 6:30 AM - 10:00 AM. 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.
- Lunch will be served from 11:00 AM to 2 PM.
- Dinner will be served from 4:30 pm to 7pm