

**SUNDAY September 3<sup>rd</sup> , 2017 (#1)**

**SOUP OF THE DAY**

**CREAM OR CLEAR SOUP**

**\$ 2.25 Cup**

**MAIN ENTREES**

**BAKED MANICOTTI**

With Marinara Sauce and baked with Mozzarella Cheese

**\$2.50 (1)            \$4.00 (2)**

250 Calories a piece

**Sweet & Sour Chicken**

Boneless Chicken Breast tossed w/ pineapple, carrots, water chestnuts,  
red & green peppers, & sweet & sour sauce.

Served w/ white rice

**\$2.75 (Side)            \$4.50 (Full)**

329 calories

454 Calories

**SIDES**

**White Rice    \$1.00**

250 calories (4 oz.)

**Garlic Bread Stick \$1.00**

140 Calories

**Carrots w/ Dill \$1.00**

25 Calories (4 oz.)

**Chefs Choice \$1.00**

**MONDAY September 4<sup>th</sup> , 2017**

**SOUPS**

Chefs Choice of Soup

**\$ 2.25 Cup**

**MAIN ENTREES**

**BBQ Chicken Sandwich**

A Breast of chicken smothered in tangy BBQ sauce and served on a bun

\$4.25

\$4.00 (no bun)

**HAMBURGER ON A BUN**

With Lettuce, Tomato, Onion

\$4.25 (No Bun \$4.00)

**CHEESEBURGER ON A BUN**

w/ choice of Cheese, Lettuce, Tomato, & Onion

\$4.75 (No Bun \$4.50)

**SIDES**

**Whipped Potato with gravy \$1.00**

**French Fries \$1.50**

**Green Beans \$1.00**

**Corn \$1.00**

**TUESDAY September 5<sup>th</sup> , 2017**

**Soups**

**Cream of Broccoli or French Onion Soup**

**\$ 2.25 Cup**

**MAIN ENTREES**

**TACO TUESDAY-430 calories**

Taco Salad with Seasoned Ground Beef or Chicken served on  
Lettuce with Diced Tomatoes, Shredded Cheese,  
Crispy Tri-Colored Tortilla Strips

**\$ 5.25 (includes 1 Sour Cream and Salsa)**

**Side of Beef or Chicken \$3.25**

Make it a Vegetarian Taco Salad-**270 Calories**

Choose up to 3 Sides and Build Your Own.....**\$ 4.25**

**BOURBON GRILLED SALMON-380 Calories**

Grilled Atlantic Salmon finished with a Bourbon Glaze

**\$ 4.50**

***SALMON COMBO W/ 1 SIDE***

***\$5.25***

**SIDES**

**Black Beans \$ 1.00**

80 Calories

**Spanish Rice \$1.00**

120 Calories

**Corn \$ 1.00**

80 Calories

**Sicilian Vegetables \$ 1.00**

25 Calories

**Mexican Corn Fritters \$2.50**

**WEDNESDAY September 6<sup>th</sup> ,2017**

**Soups**

**Cheeseburger Chowder or Tomato Florentine  
\$ 2.25 cup**

**MAIN ENTREES**

**Fried Chicken Tenders**

**145 Calories a piece**

**\$ 1.50 Each \$ 3.00 (2) \$5.25 (4)**

**Eggplant Rollette w/ Marinara Sauce**

**\$2.75 (1) \$4.50 (2)**

**300 Calories each**

**SIDES**

**French Fries \$ 1.50 / w/ Cheese \$ 2.00**

**250 Calories**

**Whipped Potatoes with gravy \$1.00**

**100 Calories (gravy 90 calories)**

**Parmesan Ranch Corn \$1.50 - 105 Calories**

**Roasted Balsamic Brussels sprouts with bacon \$ 1.50**

**195 Calories**

**THURSDAY September 7<sup>th</sup> , 2017**

**Soups**

**Cream of Asparagus or Fire Roasted Vegetable**  
**\$2.25**

**MAIN ENTREES**

**Chicken Fajitas**

Served with onions and peppers on a flour tortilla wrap

**\$4.25 – 465 Calories**

1 sour cream and salsa included with purchase

**Nachos**

Served with Chili and Cheddar Cheese or Queso sauce

**\$4.00 – 455 Calories**

1 sour cream and salsa included with purchase

**Tortilla Crusted Tilapia**

Baked Tilapia with an herbed tortilla crust

**\$4.25 – 280 Calories**

**SIDES**

**Roasted Red Potatoes \$1.50 – 150 Calories**

**Spanish Risotto \$1.50-200 Calories**

**Bermuda Vegetables \$ 1.00-35 Calories**

**Zucchini sticks served with Chipotle Ranch \$2.50- 245 Calories**

**FRIDAY September 8<sup>th</sup> , 2017**

**Soups**

**Spilt Pea Soup or Chicken Gumbo**

**\$ 2.25 Cup**

**MAIN ENTREES**

**Fried Shrimp**

Crispy breaded shrimp fried and served with your choice

Tartar or Cocktail sauce

**\$3.00 (5)**

**5.00 (10)**

225 Calories

450 Calories

**Bruschetta Chicken**

A boneless breast of chicken topped with homemade bruschetta and  
parmesan cheese

**\$4.50**

**SIDES**

**Onion Rings \$ 2.00-250 Calories**

**Rice Pilaf \$1.00- 250 Calories**

**Regular or**

**Heart Healthy Mac and Cheese \$1.50 Side \$2.00 Full**

150 calories (4 oz.)

**Stewed Tomatoes \$ 1.00- 35 Calories**

**Asparagus \$1.50**

**Garlic and herb Zucchini \$ 1.50-35 Calories**

**SATURDAY September 9<sup>th</sup> , 2017**

**SOUPS**

**Chili**

**\$ 2.25 cup**

**MAIN ENTREES**

**HAMBURGER ON A BUN**

**\$4.25 (No Bun \$4.00)**

**CHEESEBURGER ON A BUN**

**\$4.75 (No Bun \$4.50)**

**Choice of Cheese, Lettuce, Tomato, & Onion**

**All Beef Hotdogs \$1.75**

**Black Bean Burgers** cooked upon request \$4.25

**Chicken Tenders \$1.50 (1) \$3.00 (2) \$5.25 (4)**

**Macaroni and Cheese \$1.50 per 4oz portion**

**Baked Potato Bar** served with chili, cheese sauce, sour cream and  
broccoli \$4.25

**SIDES**

**Broccoli \$1.00**

**Saratoga Chips \$1.50**

**Creamy Coleslaw-weighed by the pound**

**Potato Salad - weighed by the pound**

**Tossed Salad - weighed by the pound**

**Sweet Treats**

**Cider Donuts \$1.50**

**Whole Fruit: Bananas & Oranges .89**

**Fall Sugar Cookies \$1.46**

**12 oz. coffee .80**

**12 oz. fountain beverage \$.94**