

Sunday January 7th, 2018 (# 3)

Soups of the Day

\$ 2.25 Cup

Chef's Choice

Main Entrees

Meatball Sub

Italian style meatballs topped with marinara sauce and mozzarella cheese and served on a sub roll

\$4.50

Buffalo Chicken Sandwich

A boneless breaded chicken cutlet tossed in Sweet Baby Ray's buffalo sauce

\$4.50 (\$4.00 no bun)

Sides

Onion Rings \$2.00

Roasted Red Potatoes \$ 1.50

Side of Meatballs (4) \$3.25

Meatball (1) \$1.00

Chef's Choice Vegetable \$ 1.00-80 Calories

Green Peas \$ 1.00-24 Calories

Monday January 8th, 2018

Soups of the Day

Shrimp and Corn Bisque or Lasagna Soup

\$ 2.25 Cup

Main Entrees

Lemon Pepper Haddock

Freshly baked haddock fillet tossed in butter, fresh lemon and a light taste of black pepper

\$ 4.25 - 455 Calories

Chicken Parmesan

Chicken Cutlet Lightly Breaded, Fried & Baked
Topped w/ Marinara Sauce & Mozzarella Cheese

\$4.50 – 560 Calories

As a SANDWICH \$ 4.75 - *add 140 Calories*

Make it a Combo with Linguini for \$5.50

Sides

Broccoli and Cheddar Orzo - \$1.50 – 240 Calories

Linguini served with marinara sauce \$1.50 – 215 Calories

Seasoned Cauliflower \$ 1.00-105 Calories

Prince Edward Vegetable \$1.00 – 35 Calories

Tuesday January 9th , 2018

SOUPS

Chicken Dumpling or Pasta Fagioli

\$ 2.25 Cup

MAIN ENTREES

Burrito Bowl

One scoop of white rice (4 oz.) topped with your choice of (2 oz.) Ground beef, churrasco chicken or vegetables to fill your burrito bowl. Toppings (2 oz.) include black beans, refried beans, corn, shredded lettuce, and shredded cheese

Served with 1 sour cream and salsa

\$5.00-500-800 Calories

Side of Beef \$3.25 (4 oz.)

Churrasco Chicken

Boneless Chicken thighs marinated in a roasted red pepper Churrasco sauce.

\$4.50- 6 oz. 420 Calories

Make it a Combo with 1 side for \$5.00

\$5.00

SIDES

White Rice \$ 1.00 -120 Calories

Black Beans \$ 1.50-100 Calories

Refried Beans \$1.00 – 100 Calories

Corn \$ 1.50- 96 Calories

Malibu Vegetable \$ 1.00-25 Calories

Wednesday January 10th , 2018

SOUPS

New England Clam or Minestrone Soup
\$ 2.25 Cup

MAIN ENTREES

Fried Chicken Tenders

\$ 1.50 each (Small =2) \$ 3.00 (Large =4) \$ 5.25
290 Calories 580 Calories

Citrus Glazed Salmon

6 oz. portion of freshly baked salmon topped with a sweet combination
of honey, orange juice, and lemon

\$5.00 – 455 Calories

Make it a Combo meal with 1 side \$5.75

SIDES

French Fries \$ 1.50-250 Calories

Whipped Potatoes \$1.00-100 Calories (Gravy 60 Calories)

White Cheddar Macaroni and Cheese \$2.00

Ghost Pepper Mac and Cheese \$2.00

Roasted Asparagus Spears \$ 1.50- 90 Calories

Broccoli Au 'Gratin \$ 1.50 – 245 Calories

Thursday January 11th, 2018

SOUPS

**Angus Beef and Bean Chili or Chicken Noodle
\$ 2.25 Cup**

CORNBREAD \$1.00

MAIN ENTREES

General Tso's Chicken

Served on Jasmine Rice

\$3.75 Side \$5.00 Full

400 Calories 800 Calories

Potato Encrusted Cod

A fresh filet of cod topped with potato
and cheddar and baked to perfection

\$ 4.25

5 oz. 530 Calories

SIDES

Egg Roll \$1.50-150 Calories

Roasted Red Potatoes with herbs \$1.50 – 250 Calories

Jasmine Rice \$ 1.00-120 Calories

Snap Peas \$ 1.00-25 Calories

Honey Glazed Baby Carrots \$ 1.50-100 Calories

Friday January 12th , 2018

SOUPS

**Tomato Bisque or French Onion
\$ 2.25**

MAIN ENTREES

Healthy Choice Stuffed Peppers
With seasoned Ground Beef, rice and tomato sauce topped with
mozzarella cheese
\$2.50 (1) \$4.25 (2)

Classic American Pot Roast
Tender Roasted Beef w/ & Pan Gravy
\$4.75
As a Combo meal w/ Choice of 2 Sides.....\$ 5.75

SIDES

**Garlic Red Skinned Potatoes \$1.00-100 Calories
Add gravy 90 Calories**

Twice Baked Potatoes \$1.50

Stewed Tomatoes \$ 1.00 -35 Calories

Lemon Garlic Brussel Sprouts \$1.50 – 50 Calories

Pot Roast Veggies \$1.50 -100 Calories

Regular or Heart Healthy Mac and Cheese \$1.50/ \$3.00 (150 calories) per 4 oz.

Saturday January 13th, 2018

SOUPS

Chef's Choice

\$ 2.25 Cup

MAIN ENTREES

Eggplant Rollette w/ Marinara Sauce

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

300 Calories each

Stuffed Chicken with Broccoli and Cheese

\$4.25

390 Calories

SIDES

French Fries \$ 1.50-250 Calories

Roasted Red Potatoes \$ 1.50-120 Calories

Caribbean Vegetables \$1.00-25 Calories

Chefs Choice Vegetables \$ 1.00