

SUNDAY August 27th 2017 (#4)

SOUPS \$ 2.25/Cup

Chef's Choice See the Board for Today's Selections

MAIN ENTREES

Meatball Hoagie on a Sub Roll

With Marinara Sauce and Mozzarella Cheese

\$ 4.25

Tortilla Crusted Tilapia

A Tilapia filet topped with colorful tortillas and fresh herbs

\$4.25 – 280 Calories

SIDES

Rice Pilaf \$1.00- 120 *Calories*

French Fries \$ 1.50- 250 *Calories*

California Mixed Vegetables \$1.00- 35 *Calories*

Chef's Choice Vegetables \$ 1.00

MONDAY August 28th , 2017

Loaded Baked Potato or Chicken and Shrimp Jambalaya

MAIN ENTREES

Home-style Chicken Bowl

A scoop of mashed potatoes topped with corn, crispy chicken, gravy
and shredded cheese

\$ 4.75

Have just a side of chicken for \$3.50

Crab and Scallop Stuffed Sole

With a Home Made Lobster Newburg Sauce

\$ 3.00 (1) \$ 5.00 (2)

Served over Jasmine Rice

340 Calories (1, without rice) 680 Calories (2)

SIDES

Jasmine Rice \$ 1.00 – 120 Calories

Mashed Potatoes \$1.00-80 Calories

Gravy - 90 Calories

Sautéed Spinach \$1.50 – 80 Calories

Corn Niblets \$ 1.00 - 80 Calories

TUESDAY August 29th , 2017

SOUPS \$2.25/Cup

Butternut Squash or Italian Wedding

MAIN ENTREES

Buffalo Chicken Sandwich

460 Calorie

Served with Lettuce and Tomato

\$4.50 (no bun \$4.00)

Beef and Vegetable Stir Fry

Shredded Beef and Japanese style vegetables tossed with a classic stir fry sauce and served over white rice

\$ 2.75 (Side) \$ 4.75 (Full)

SIDES

Sweet Potato Tater Tots \$ 1.50- 250 Calories

White Rice \$ 1.00 – 150 Calories

Japanese Style Vegetable 1.00 – 35 Calories

Crinkle Cut Carrots \$1.00– 35 Calories

WEDNESDAY August 30th , 2017

SOUPS \$2.25/Cup

Chicken Baja or Fire Roasted Veggie

MAIN ENTREES

Four Cheese Ravioli

Jumbo ravioli with Ricotta, Romano, Parmesan, and Mozzarella cheese. Served with Alfredo or Marinara sauce.

Side (3) \$3.00 Full (6) \$4.50

200 Calories 400 Calories

Gluten Free Ravioli

Side (4) \$3.00 Full (8) \$4.50

Chicken Tenders

145 Calories per tender

Single (1) \$1.50 Small (2) \$3.00 Large (4) \$4.75

SIDES

FRENCH FRIES \$ 1.50 – 250 Calories

**ROASTED GARLIC AND CHEDDAR MASHED
POTATOES \$1.50 - 160 Calories-Gravy 90 Calories**

WHIT CHEDDAR MAC AND CHEESE \$2.00(side)

GREEN ZUCCHINI \$1.00 – 35 Calories

BUFFALO CAULIFLOWER \$1.50 – 85 Calories

GARLIC BREADSTICK \$1.00- 100 Calories

THURSDAY August 31st , 2017

SOUPS \$2.25/Cup

Lobster Bisque or Vegetable & Beef Barley

MAIN ENTREES

Chicken Wings – Plain or Buffalo

\$0.75 (1) \$4.25 (6) *100 Calories each*

Mozzarella Sticks

\$0.85 (1) \$4.75 (6) *150 Calories each*

Served with Marinara or Melba sauce

Garlic and Herb Tilapia

**A 5 oz. Filet of Tilapia tossed in roasted garlic and herbs and baked to
perfection**

\$4.25- *375 Calories*

SIDES

Rice Pilaf \$1.00 – *150 Calories*

Spinach and Artichoke Dip with Chips \$2.50

Fried Mushrooms \$2.50

Bermuda Vegetables \$1.00 – *35 Calories*

Roasted Asparagus \$ 1.50 – *35 Calories*

FRIDAY September 1st , 2017

SOUPS \$ 2.25 Cup

Buffalo Chicken or Chicken Andouille

MAIN ENTREES

Yuengling Beer Battered Haddock – *420 Calories*

Served with Cole Slaw & Tartar Sauce

\$ 4.25

As a COMBO MEAL with SARATOGA CHIPS

\$ 5.25

Chicken Cordon Blue - *430 Calories*

A breast of chicken stuffed with ham, Swiss, and American cheeses and coated with herbed breadcrumbs

\$4.25

SIDES

Saratoga Chips \$1.50

Whipped Potatoes with gravy \$ 1.00 –80 Calories

Regular or Heart Healthy Macaroni and Cheese

\$1.50 Side- *135 Calories*

\$3.00 Full-*270 Calories*

Stewed Tomatoes \$1.00 - *35 Calories*

Green Beans with Olive Oil and Almonds \$1.50 – *80 Calories*

SATURDAY September 2nd , 2017

SOUPS \$2.25 Cup

CHEF'S CHOICE, CHECK THE BOARD FOR TODAY'S SELECTIONS

MAIN ENTREES

HAMBURGER ON A BUN - 450 Calories

With Lettuce, Tomato, Onion

\$ 4.25 (No Bun \$4.00)

CHEESEBURGER ON A BUN- 530 Calories

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

\$4.75 (No Bun \$4.50)

FRIED CHICKEN

2 Pieces 400 Calories

\$4.25

SIDES

FRENCH FRIES \$ 1.50 – *250 Calories*

MASHED POTATOES \$1.00 – *80 Calories*

Gravy – *90 Calories*

GREEN PEAS \$1.00- *80 Calories*

CHEFS VEGETABLE OF THE DAY \$ 1.00