

**SUNDAY January 14<sup>th</sup> , 2018 (#4)**

**SOUPS \$ 2.25/Cup**

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

**MAIN ENTREES**

**Honey Mustard Chicken**

A breaded chicken breast smothered in honey mustard and baked to perfection

**\$ 4.25 – 420 Calories**

**Pepperoni and Cheese Calzone**

A blend of romano, mozzarella, and parmesan cheeses with oregano and pepperoni baked in a pizza dough crust. Served with a side of marinara sauce

**\$4.25 – 480 Calories without sauce**

**SIDES**

**Rice Pilaf \$1.00- 120 *Calories***

**Cheese Tortellini served with marinara sauce \$1.50 – 350 *Calories***

**California Mixed Vegetables \$1.00- 35 *Calories***

**Chef's Choice Vegetables \$ 1.00**

**MONDAY January 15<sup>th</sup> , 2018**

**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 January 16<sup>th</sup>, 2018**

**SOUPS \$2.25/Cup**

**Butternut Squash or Italian Wedding**

**Shrimp Scampi**

A butter and garlic sauce served over Spaghetti with Shrimp

**Side \$3.00 (3) Full \$5.25 (6)**

**Chicken Pot Pie**

A mixture of creamy chicken, and vegetables in a golden crust

**\$4.75**

**SIDES**

**Roasted Red Potatoes \$1.50**

**Spaghetti with scampi or marinara sauce \$1.50**

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

**Roasted Asparagus\$ 1.50 – 35 Calories**

**WEDNESDAY January 17<sup>th</sup> , 2018**

**SOUPS \$2.25/Cup**

**Roasted Red Pepper and Gouda or Fire Roasted Veggie**

**MAIN ENTREES**

**Shepard's Pie**

A blend of ground beef, peas, carrots, celery, onions and corn, garlic, a touch of gravy topped with creamy whipped potatoes

**Side \$2.75 (3oz.) Full \$4.75 (6 oz.) – 350 Calories**

**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 January 18<sup>th</sup>, 2018**

**SOUPS**

**\$2.25/Cup**

**Lobster Bisque or Vegetable & Beef Barley**

**MAIN ENTREES**

**Cheesy Beef Lasagna**

Layers of lasagna noodles, mozzarella cheese, seasoned ground beef, peppers and onions and topped with basil marinara sauce

**\$4.25 – 400 Calories**

**Sweet Peppered Salmon**

A 6 oz. filet of Salmon dusted with pepper and honey and baked to perfection

**\$4.50 – 280 Calories**

**SIDES**

**Mashed Potatoes \$1.00 – 80 Calories**

**Gravy – 90 Calories**

**Parmesan White Rice – \$1.00-200 Calories**

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

**Dill Baby Carrots \$ 1.50 – 35 Calories**

**FRIDAY January 19<sup>th</sup> , 2018**

**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**

**Cavattapi Chicken Ala Vodka**

Cavattapi pasta tossed with creamy homemade ala vodka sauce and  
grilled chicken strips and parmesan cheese.

**Side \$2.75      Full \$4.50**

**SIDES**

**Saratoga Chips \$1.50**

**Italian Couscous \$1.50**

**Regular or Heart Healthy Macaroni and Cheese**

**\$1.50 Side- *135 Calories***

**\$3.00 Full-*270 Calories***

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

**Honey Glazed Butternut Squash \$1.50 – *125 Calories***

**SATURDAY January 20<sup>th</sup> , 2018**

**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)

**Monterey Chicken**

Grilled chicken breast smothered in BBQ sauce and topped with melted monterey jack cheese

**\$4.25**

**SIDES**

**French Fries \$ 1.50 – *250 Calories***

**Baked Potatoes -\$1.50**

**Broccoli \$1.00- *80 Calories***

**CHEFS VEGETABLE OF THE DAY \$ 1.00**