

Allergen Abbreviations: Dairy (D) - Dairy Free (D.F.) - Gluten (G) - Gluten Free (G.F.) - Vegan (V) - Vegetarian (Veg)

Sunday	Sunday Brunch 11:15 AM - 2:00 PM	
	LUNCH	DINNER
Monday, October 13th	<p align="center">Broccoli Cheddar Soup (D/GF) Fruit and Salad Bar</p> <p>Greek Chicken Gyro Bowl w/ Diced Chicken (D/GF) Tumeric Quinoa (DF/GF/V) Roasted Edamame Beans (DF/GF/V) (Diced Red Onions, Split Cherry Tomatoes, Diced Cucumbers, Feta Cheese & Taziki Sauce (D/GF)</p> <p>Spaghetti Bolognese (D/G) Steamed Broccoli (DF/GF/V) and Garlic Bread (D/G)</p>	<p align="center">Broccoli Cheddar Soup (D/GF) Peaches & Cottage Cheese (D/GF)</p> <p>Mozzarella Cheese and Mushroom Quesadillas with Sour Cream and Salsa (D/G) Spanish Rice (DF/GF/V) and Seasoned Green Beans (DF/GF/V)</p> <p>Fried Chicken (DF/G) Cauliflower AuGratin (D/G) and Sautéed Swiss Chard (DF/GF/V)</p>
Tuesday, October 14th	<p align="center">Corn Chowder (D/G) Fruit and Salad Bar</p> <p>Pulled BBQ Pork (DF/GF) Baked Beans (DF/GF/V) and Vinegar Coleslaw (DF/GF/V)</p> <p>Mediterranean Baked Cod (DF/GF) Artichokes AuGratin (D/G) and Sautéed Asparagus w/Red Peppers (DF/GF/V)</p>	<p align="center">Corn Chowder (D/G) Franks Wrapped in Puff Pastry (D/G)</p> <p>Pan Seared Scallops (DF/GF) Brown Rice (DF/GF/V) and Sautéed Bok Choy (DF/GF/V)</p> <p>Turkey Taco Casserole (D/G) Fresh Sautéed Spinach (DF/GF/V)</p>
Wednesday, October 15th	<p align="center">Garden Vegetable Soup (DF/GF/V) Fruit and Salad Bar</p> <p>Beef Tips over Egg Noodles (DF/G) Fresh Steamed Green Beans (DF/GF/V) and Roasted Carrots (DF/GF/V)</p> <p>Turkey Sloppy Joe Sandwich w/ Bun (DF/G) Sweet Potato Fries (DF/GF) and Collard Greens (DF/GF/V)</p>	<p align="center">Garden Vegetable Soup (DF/GF/V) Assorted Mini Quiche</p> <p>Pork Tenderloin (DF/GF) w/ Red Bell Pepper Sauce on Side (DF/GF) Roasted Sweet Potato Chunks (DF/GF/V) and Seasoned Zucchini (DF/GF/V)</p> <p>Blackened Shrimp (DF/GF) Cilantro Rice (DF/GF/V) and Seasoned Black Beans (DF/GF/V)</p>
Thursday, October 16th	<p align="center">White Bean & Ham Soup (DF/GF) Fruit and Salad Bar</p> <p>Crispy Chicken Bites Tossed in Golden BBQ Sauce (DF/G) Creamy Macaroni & Cheese (D/G) and Sautéed Cabbage (DF/GF/V)</p> <p>Tender Pot Roast (DF/G) Roasted Vegetables (DF/GF/V) and Seasoned Lima Beans (DF/GF/V)</p>	<p align="center">White Bean & Ham Soup (DF/GF) Cocktail Shrimp w/ Cocktail Sauce (DF/GF)</p> <p>Chicken Alfredo (D/G) Fresh Steamed Green Beans (DF/GF/V) and Garlic Bread (D/G)</p> <p>Fresh Salmon (DF/GF) Brown Rice (DF/GF/V) and Steamed Asparagus (DF/GF/V)</p>
Friday, October 17th	<p align="center">Chicken and Wild Rice Soup (DF/G) Fruit and Salad Bar</p> <p>Fried Catfish w/ Hushpuppies (D/G) with White Beans (DF/GF/V) and Collard Greens (DF/GF/V)</p> <p><i>Falafel (DF/G) Pita (D/G) (Hummus, Tzatziki Sauce, Pickled Red Onions, Diced Tomatoes, Cucumbers & Tabbouleh) (D/GF) with Baked Potato Wedges (DF/GF/V) and Grilled Zucchini Spears (DF/GF/V)</i></p>	<p align="center">Chicken and Wild Rice Soup (DF/G) Fried Onion Petals (DF/G)</p> <p>Lemon Butter Baked Cod (D/GF) Vegetable Quinoa (DF/GF/V) and Fresh Steamed Broccoli (DF/GF/V)</p> <p>Beef Tenderloin (DF/GF) w/Gravy on the Side (D/G) Garlic Mashed Potatoes (D/GF) and Seasoned Carrots (DF/GF/V)</p>
Saturday, October 18th	<p align="center">Clam Chowder (D/GF) Fruit and Salad Bar</p> <p>Meatloaf (D/G) Mashed Potatoes (D/GF) and Sautéed Swiss Chard (DF/GF/V)</p> <p align="center">Taco Bar</p> <p>Cheese and Spinach Quiche (D/G) Steamed Asparagus (DF/GF/V) and Baked Apples (D/GF)</p>	<p align="center">Clam Chowder (D/GF) Fried Broccoli, Cheddar, & Bacon Bites (D/G)</p> <p>Honey BBQ Chicken Thighs (DF/GF) Stewed Okra and Tomatoes (DF/GF/V) and Macaroni & Cheese (D/G)</p> <p>Grilled Snapper (DF/GF) Savory Vegetable Couscous (DF/GF/V) and Sautéed Button Mushrooms (DF/GF/V)</p>