

PECONIC LANDING - SPRING-FALL 22 WEEK #1

| MONDAY   | \$                         | TUESDAY   | \$                         | WEDNESDAY   | \$                         | THURSDAY  | \$                         | FRIDAY  | \$                         | SATURDAY   | \$                         |
|--|----------------------------|---|----------------------------|---|----------------------------|---|----------------------------|---|----------------------------|--|----------------------------|
| <u>SOUP</u><br>CREAM OF BROCCOLI   | 2                          | <u>SOUP</u><br>CARROT GINGER  | 2                          | <u>SOUP</u><br>ARTICHOKE SPINACH  | 2                          | <u>SOUP</u><br>BUTTERNUT SQUASH   | 2                          | <u>SOUP</u><br>SHRIMP BISQUE  | 2                          | <u>SOUP</u><br>POTATO, CORN CHOWDER  | 2                          |
| LS CONSOMME  | 2                          | LS CONSOMME   | 2                          | LS CONSOMME   | 2                          | LS CONSOMME   | 2                          | LS CONSOMME   | 2                          | LS CONSOMME  | 2                          |
| FRENCH ONION   | 2                          | FRENCH ONION  | 2                          | FRENCH ONION  | 2                          | BLACK BEAN  | 2                          | BLACK BEAN  | 2                          | BLACK BEAN   | 2                          |
| <u>SALAD</u><br>ONION, TOM. & BLUE CHEESE<br>TOSSED SALAD  | 2<br>2                     | <u>SALAD</u><br>ITALIAN PASTA<br>TOSSED SALAD   | 2<br>2                     | <u>SALAD</u><br>TROPICAL FRUIT<br>TOSSED SALAD  | 2<br>2                     | <u>SALAD</u><br>SPINACH CITRUS GRAIN<br>MESCLUN SALAD   | 2<br>2                     | <u>SALAD</u><br>MELON & PROSCIUTTO<br>MESCLUN SALAD   | 2<br>2                     | <u>SALAD</u><br>CAESAR<br>MESCLUN SALAD  | 2<br>2                     |
| <u>ENTRÉE</u><br>BEEF<br>BOURGUIGNON   | 10                         | <u>ENTRÉE</u><br>SAUERBRATEN<br>w/ RED CABBAGE  | 10                         | <u>ENTRÉE</u><br>STUFFED<br>PORK LOIN   | 10                         | <u>ENTRÉE</u><br>VEAL<br>FRANCESE   | 10                         | <u>ENTRÉE</u><br>ROAST FILET<br>OF BEEF   | 10                         | <u>ENTRÉE</u><br>SAVORY<br>SHEPHERD'S PIE  | 10                         |
| SEARED TUNA<br>W/ AVOCADO SALSA  | 10                         | GRILLED ROSEMARY<br>MARINATED CHICKEN   | 10                         | ROAST CHICKEN<br>HUNTER STYLE   | 10                         | SWORDFISH WITH<br>TOMATOES & CAPERS   | 10                         | TROUT W/<br>TARRAGON BUTTER   | 10                         | PISTACHIO<br>FLOUNDER  | 10                         |
| GENERAL TSO'S<br>TOFU  | 10                         | CHEESE RAVIOLI W/<br>LOBSTER CREAM SAUCE  | 10                         | SEAFOOD<br>FRA DIAVOLO  | 10                         | CASHEW CRUSTED<br>CHICKEN   | 10                         | VEGETARIAN BEAN<br>CHILI  | 10                         | CHICKEN THIGH<br>AND DUMPLINGS   | 10                         |
| <u>VEGETABLE</u><br>BABY CARROTS<br>GRILLED ZUCCHINI   |                            | <u>VEGETABLE</u><br>RED CABBAGE<br>GREEN BEANS  |                            | <u>VEGETABLE</u><br>ACORN SQUASH<br>SWEET PEAS  |                            | <u>VEGETABLE</u><br>DILL CAULIFLOWER<br>SHIITAKE BOK CHOY   |                            | <u>VEGETABLE</u><br>TOMATO YEL. SQUASH BAKE<br>ASPARAGUS  |                            | <u>VEGETABLE</u><br>DUET OF CARROTS<br>BROCCOLI  |                            |
| <u>STARCH</u><br>PARSLEY NOODLES<br>JASMINE RICE<br>BAKED POTATO   |                            | <u>STARCH</u><br>POTATO PANCAKE<br>SCALLION COUSCOUS<br>SWEET POTATO  |                            | <u>STARCH</u><br>DICED ROASTED YAMS<br>FETTUCCHINI<br>BAKED POTATO  |                            | <u>STARCH</u><br>ROASTED YUKONS<br>DIRTY RICE<br>SWEET POTATO   |                            | <u>STARCH</u><br>LA GAZELLE POTATO<br>SAFFRON RICE<br>BAKED POTATO  |                            | <u>STARCH</u><br>MASHED POTATOES<br>TOMATO ORZO<br>SWEET POTATO  |                            |
| <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION  | 10                         | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION                                     | 10                         | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION   | 10                         | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION   | 10                         | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION   | 10                         | <u>LIGHTER FARE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION   | 10                         |
| <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER   | 10<br>10<br>10             | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER                                    | 10<br>10<br>10             | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER  | 10<br>10<br>10             | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER  | 10<br>10<br>10             | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER  | 10<br>10<br>10             | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER                                   | 10<br>10<br>10             |
| ROASTED VEGGIE<br>PIZZA  | 10<br>10                   | ROASTED VEGGIE<br>PIZZA   | 10<br>10                   | TOMATO & ROASTED VEGETABLE<br>LASAGNA   | 10<br>10                   | TOMATO & ROASTED VEGETABLE<br>LASAGNA   | 10<br>10                   | CURRIED CAULIFLOWER<br>W/ CHICKPEAS & TOASTED ALMONDS   | 10<br>10                   | CURRIED CAULIFLOWER<br>W/ CHICKPEAS & TOASTED ALMONDS  | 10<br>10                   |
| <u>DESSERT</u><br>APPLE CHEDDAR COBBLER<br>CHOCOLATE LAYER CAKE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>BOSTON CREAM PIE<br>NAPOLEON<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>CHERRY CRUMBLE<br>YELLOW CAKE W/ ICING<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>COCONUT CUSTARD PIE<br>CARROT LAYER CAKE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>APPLE PIE<br>DATE NUT POUND CAKE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>PEACHES & CREAM<br>TIRAMISU<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 |

Key GF Suggestion for Gluten Free Diets D Suggestion for Diabetic Diets LS Suggestion for Low Salt/Fat Diets VG Suggestion for Vegan V Suggestion for Vegetarians

Please feel free to ask your server for sauce on the side

**PECONIC LANDING - SPRING-FALL 22 WEEK #2**

| <b>MONDAY</b>  | <b>\$</b>                  | <b>TUESDAY</b>  | <b>\$</b>                  | <b>WEDNESDAY</b>  | <b>\$</b>                  | <b>THURSDAY</b>   | <b>\$</b>                  | <b>FRIDAY</b>  | <b>\$</b>                  | <b>SATURDAY</b>  | <b>\$</b>                  |
|--|----------------------------|---|----------------------------|---|----------------------------|---|----------------------------|--|----------------------------|--|----------------------------|
| <u>SOUP</u><br>BEEF BARLEY   | 2                          | <u>SOUP</u><br>CHICKEN DITALINI   | 2                          | <u>SOUP</u><br>ITALIAN WEDDING  | 2                          | <u>SOUP</u><br>HAM, CABBAGE, POTATO   | 2                          | <u>SOUP</u><br>N.E. FISH CHOWDER   | 2                          | <u>SOUP</u><br>TURKEY RICE   | 2                          |
| LS CONSOMME<br>CARROT & SWEET POTATO   | 2<br>2                     | LS CONSOMME<br>CARROT & SWEET POTATO  | 2<br>2                     | LS CONSOMME<br>CARROT & SWEET POTATO  | 2<br>2                     | LS CONSOMME<br>ASPARAGUS MUSHROOM   | 2<br>2                     | LS CONSOMME<br>ASPARAGUS MUSHROOM  | 2<br>2                     | LS CONSOMME<br>ASPARAGUS MUSHROOM  | 2<br>2                     |
| <u>SALAD</u><br>MARINATED MUSHROOM<br>MESCLUN SALAD  | 2<br>2                     | <u>SALAD</u><br>CUCUMBER DILL<br>MESCLUN SALAD  | 2<br>2                     | <u>SALAD</u><br>MIXED GRAIN & CHICKPEA<br>MESCLUN SALAD   | 2<br>2                     | <u>SALAD</u><br>CARROT RAISIN<br>WATERCRESS & ENDIVE  | 2<br>2                     | <u>SALAD</u><br>WALDORF<br>WATERCRESS & ENDIVE   | 2<br>2                     | <u>SALAD</u><br>TOMATO & ONION<br>WATERCRESS & ENDIVE  | 2<br>2                     |
| <u>ENTRÉE</u><br>BRAISED<br>PORK RIBS  | 10                         | <u>ENTRÉE</u><br>BALSAMIC<br>FLANK STEAK  | 10                         | <u>ENTRÉE</u><br>BEEF TENDERLOIN TIPS<br>W/ WILD MUSHROOMS  | 10                         | <u>ENTRÉE</u><br>TURKEY<br>STUFFING & GRAVY   | 10                         | <u>ENTRÉE</u><br>CORNEB BEEF<br>& CABBAGE  | 10                         | <u>ENTRÉE</u><br>BAKED HAM &<br>PINEAPPLE GLAZE  | 10                         |
| LEMON DILL<br>SOLE   | 10                         | COQ<br>AU VIN   | 10                         | BAKED CATFISH W/<br>STEWED TOMATO, OKRA & BASIL   | 10                         | GINGER<br>MAHI MAHI   | 10                         | HORSE RADISH CRUSTED<br>SALMON   | 10                         | CRAB CAKE<br>W/ TARTAR SAUCE   | 10                         |
| SPAGHETTI &<br>MEATBALLS   | 10                         | SHRIMP & ASPARAGUS<br>RISOTTO   | 10                         | BROCCOLI<br>CHEDDAR QUICHE  | 10                         | TRADITIONAL<br>CHEESE PIZZA   | 10                         | PASTA W/ SAUSAGE &<br>PEPPERS  | 10                         | GRILLED CHICKEN<br>FETTUCINE CARBONARA   | 10                         |
| <u>VEGETABLE</u><br>JULIENNE VEGETABLES<br>SOUTHERN COLLARD GREENS   |                            | <u>VEGETABLE</u><br>ASPARAGUS,SQUASH & PEPPERS<br>GREEN BEAN AMANDINE   |                            | <u>VEGETABLE</u><br>CAULIFLOWER<br>BREADED ZUCCHINI   |                            | <u>VEGETABLE</u><br>BUTTERNUT SQUASH<br>BROCCOLINI  |                            | <u>VEGETABLE</u><br>JULIENNE CARROTS<br>CABBAGE  |                            | <u>VEGETABLE</u><br>DUET OF SQUASH<br>STEAMED SPINACH  |                            |
| <u>STARCH</u><br>STEAK FRIES<br>RICE & BLACK EYED PEAS<br>BAKED POTATO   |                            | <u>STARCH</u><br>ROASTED RED BLISS<br>BARLEY PILAF<br>SWEET POTATO  |                            | <u>STARCH</u><br>GEMELLI<br>BROWN RICE<br>BAKED POTATO  |                            | <u>STARCH</u><br>CELERY ROOT MASHED POT<br>SEASONED ORZO<br>SWEET POTATO  |                            | <u>STARCH</u><br>BOILED POTATOES<br>BLACK PEARL MEDLEY<br>BAKED POTATO   |                            | <u>STARCH</u><br>FRESH ROASTED YAMS<br>CITRUS RICE<br>SWEET POTATO   |                            |
| <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION  | 10                         | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION   | 10                         | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION   | 10                         | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION   | 10                         | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION  | 10                         | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION  | 10                         |
| <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER<br>CANNELLINI STUFFED<br>PORTOBELLO       | 10<br>10<br>10<br>10       | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER<br>CANNELLINI STUFFED<br>PORTOBELLO            | 10<br>10<br>10<br>10       | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER<br>RIGATONI W/<br>IMPOSSIBLE BOLOGNESE           | 10<br>10<br>10<br>10       | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER<br>RIGATONI W/<br>IMPOSSIBLE BOLOGNESE | 10<br>10<br>10<br>10       | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER<br>CRISPY TOFU W/<br>MAPLE-SOY GLAZE        | 10<br>10<br>10<br>10       | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER<br>CRISPY TOFU W/<br>MAPLE-SOY GLAZE          | 10<br>10<br>10<br>10       |
| <u>DESSERT</u><br>PUMPKIN PIE<br>RICOTTATA CHEESECAKE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>PEACH MANGO CRISP<br>CINNAMON APPLE CAKE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>PEANUT BUTTER PIE<br>CRANBERRY ORANGE LOAF<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>PECAN PIE<br>CHOCOLATE MOUSSE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2)    | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>DUTCH APPLE PIE<br>BANANA WALNUT CAKE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>STRAWBERRY TART<br>CHOCOLATE CHEESECAKE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 |

Key **GF** Suggestion for Gluten Free Diets **D** Suggestion for Diabetic Diets **LS** Suggestion for Low Salt/Fat Diets **VG** Suggestion for Vegan **V** Suggestion for Vegetarians

Please feel free to ask your server for sauce on the side

PECONIC LANDING - SPRING-FALL 22 WEEK #3

| MONDAY  | \$ | TUESDAY   | \$ | WEDNESDAY   | \$ | THURSDAY  | \$ | FRIDAY  | \$ | SATURDAY  | \$ |
|---|----|---|----|---|----|---|----|---|----|---|----|
| <u>SOUPI</u><br>CHICKPEA TORTELLINI   | 2  | <u>SOUPI</u><br>CHUNKY VEGETABLE ORZO   | 2  | <u>SOUPI</u><br>CABBAGE & WHITE BEAN  | 2  | <u>SOUPI</u><br>CHICKEN & CORN TORTILLA   | 2  | <u>SOUPI</u><br>MANHATTAN CHOWDER   | 2  | <u>SOUPI</u><br>LENTIL  | 2  |
| LS CONSOMME   | 2  | LS CONSOMME   | 2  | LS CONSOMME   | 2  | LS CONSOMME   | 2  | LS CONSOMME   | 2  | LS CONSOMME   | 2  |
| SPLIT PEA SOUP  | 2  | SPLIT PEA SOUP  | 2  | SPLIT PEA SOUP  | 2  | MINESTRONE  | 2  | MINESTRONE  | 2  | MINESTRONE  | 2  |
| <u>SALAD</u><br>MARINATED ARTICHOKES  | 2  | <u>SALAD</u><br>GREEN BEAN & FETA   | 2  | <u>SALAD</u><br>ROTINI PASTA  | 2  | <u>SALAD</u><br>ASIAN PINEAPPLE SLAW  | 2  | <u>SALAD</u><br>SLICED TOMATO & GOAT CHEESE   | 2  | <u>SALAD</u><br>MEDITERRANEAN BLEND   | 2  |
| WATERCRESS & ENDIVE   | 2  | WATERCRESS & ENDIVE   | 2  | WATERCRESS & ENDIVE   | 2  | RED & GREEN LEAF  | 2  | RED & GREEN LEAF  | 2  | RED & GREEN LEAF  | 2  |
| <u>ENTRÉE</u><br>SAUTEED LIVER  | 10 | <u>ENTRÉE</u><br>ROAST RIBEYE   | 10 | <u>ENTRÉE</u><br>DUCK CONFIT W/<br>ORANGE SAUCE                                     | 10 | <u>ENTRÉE</u><br>BLANQUETTE OF VEAL<br>(VEAL STEW IN CREAM SAUCE)                   | 10 | <u>ENTRÉE</u><br>PETIT TENDER<br>STEAK  | 10 | <u>ENTRÉE</u><br>ROAST PORK LOIN W/<br>WARM CINNAMON APPLES                         | 10 |
| W/ ONIONS & BACON   |    |   |    |   |    |   |    |   |    |   |    |
| BAKED<br>GROUPE   | 10 | FLOUNDER<br>AMANDINE  | 10 | FRIED SEAFOOD<br>PLATTER  | 10 | TUSCAN HERB<br>SWORDFISH  | 10 | COD FISH<br>AU GRATIN   | 10 | FRESH DILL & VEGETABLE<br>SALMON CAKE   | 10 |
| CHICKEN<br>NORMANDE   | 10 | PASTA PRIMAVERA W/<br>GARLIC, BASIL & OLIVE OIL                                     | 10 | MEAT & TOMATO<br>LASAGNA  | 10 | CHICKEN<br>CORDON BLEU  | 10 | ROASTED VEGETABLE<br>PIZZA  | 10 | KNOCKWURST AND<br>SAUERKRAUT  | 10 |
| <u>VEGETABLE</u><br>CREAMED CORN<br>BROCCOLI RABE                                   |    | <u>VEGETABLE</u><br>TOMATO GARNI<br>PEAS & MUSHROOMS                                |    | <u>VEGETABLE</u><br>ROASTED ACORN SQUASH<br>ESCAROLE W/ BEANS                       |    | <u>VEGETABLE</u><br>SPAGHETTI SQUASH<br>ASPARAGUS                                   |    | <u>VEGETABLE</u><br>PARSNIP & CARROTS<br>GARLIC LIMA BEANS                          |    | <u>VEGETABLE</u><br>SLICE SWEET PLANTAIN<br>HARICOT VERT                            |    |
| <u>STARCH</u><br>O'BRIEN POTATOES<br>RICE & QUINOA<br>BAKED POTATO                  |    | <u>STARCH</u><br>TWICE BAKED<br>PENNE<br>SWEET POTATO                               |    | <u>STARCH</u><br>STEAK FRIES<br>CREAMY POLENTA<br>BAKED POTATO                      |    | <u>STARCH</u><br>EGG NOODLE<br>BASMATI RICE<br>SWEET POTATO                         |    | <u>STARCH</u><br>ROASTED RED BLISS<br>GOLDEN JEWEL GRAIN BLEND<br>BAKED POTATO      |    | <u>STARCH</u><br>GARLIC MASHED POTATOES<br>WILD RICE<br>SWEET POTATO                |    |
| <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION |    | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION |    | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION |    | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION |    | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION |    | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION |    |
| <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN   | 10 | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN   | 10 | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN   | 10 | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN   | 10 | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN   | 10 | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN   | 10 |
| BEEF BURGER DELUXE  | 10 | BEEF BURGER DELUXE  | 10 | BEEF BURGER DELUXE  | 10 | BEEF BURGER DELUXE  | 10 | BEEF BURGER DELUXE  | 10 | BEEF BURGER DELUXE  | 10 |
| OMELET TO ORDER   | 10 | OMELET TO ORDER   | 10 | OMELET TO ORDER   | 10 | OMELET TO ORDER   | 10 | OMELET TO ORDER   | 10 | OMELET TO ORDER   | 10 |
| VEGETABLE<br>PAELLA   | 10 | VEGETABLE<br>PAELLA   | 10 | SPICY SWEET POTATOES &<br>BLACK BEAN RICE BOWL                                      | 10 | SPICY SWEET POTATOES &<br>BLACK BEAN RICE BOWL                                      | 10 | COCONUT CABBAGE &<br>TOFU CASSEROLE   | 10 | COCONUT CABBAGE &<br>TOFU CASSEROLE   | 10 |
| <u>DESSERT</u><br>CHERRY CRISP  | 2  | <u>DESSERT</u><br>APPLE STRUDEL   | 2  | <u>DESSERT</u><br>RASPBERRY PEACH CRUMBLE   | 2  | <u>DESSERT</u><br>PECAN PIE   | 2  | <u>DESSERT</u><br>CREAM PUFF W/ STRAWBERRIES  | 2  | <u>DESSERT</u><br>LEMON MERINGUE PIE  | 2  |
| CHOCOLATE ÉCLAIR  | 2  | CHOCOLATE MUD CAKE  | 2  | OREO COOKIE MOUSSE TART   | 2  | CRÈME BRULEE CHEESECAKE   | 2  | TRES LECHE  | 2  | BAILEY'S CHOCOLATE CAKE   | 2  |
| ICE CREAM   | 2  | ICE CREAM   | 2  | ICE CREAM   | 2  | ICE CREAM   | 2  | ICE CREAM   | 2  | ICE CREAM   | 2  |
| ALA MODE/JELLO/PUDDING  | 2  | ALA MODE/JELLO/PUDDING  | 2  | ALA MODE/JELLO/PUDDING  | 2  | ALA MODE/JELLO/PUDDING  | 2  | ALA MODE/JELLO/PUDDING  | 2  | ALA MODE/JELLO/PUDDING  | 2  |
| FRESH FRUIT CUP   | 2  | FRESH FRUIT CUP   | 2  | FRESH FRUIT CUP   | 2  | FRESH FRUIT CUP   | 2  | FRESH FRUIT CUP   | 2  | FRESH FRUIT CUP   | 2  |
| COOKIES (2)   | 2  | COOKIES (2)   | 2  | COOKIES (2)   | 2  | COOKIES (2)   | 2  | COOKIES (2)   | 2  | COOKIES (2)   | 2  |

Key GF Suggestion for Gluten Free Diets D Suggestion for Diabetic Diets LS Suggestion for Low Salt/Fat Diets VG Suggestion for Vegan V Suggestion for Vegetarians

Please feel free to ask your server for sauce on the side

PECONIC LANDING - SPRING-FALL 22 WEEK #4

| MONDAY  | \$                         | TUESDAY  | \$                         | WEDNESDAY   | \$                         | THURSDAY   | \$                         | FRIDAY   | \$                         | SATURDAY   | \$                         |
|---|----------------------------|--|----------------------------|---|----------------------------|--|----------------------------|--|----------------------------|--|----------------------------|
| <i>SOUP</i><br>TOMATO EGGPLANT  | 2                          | <i>SOUP</i><br>BUTTERNUT SQUASH  | 2                          | <i>SOUP</i><br>MUSHROOM BARLEY  | 2                          | <i>SOUP</i><br>ITALIAN WEDDING   | 2                          | <i>SOUP</i><br>N.E. CLAM CHOWDER   | 2                          | <i>SOUP</i><br>TURKEY NOODLE   | 2                          |
| LS CONSOMME<br>CHICKEN & RICE   | 2<br>2                     | LS CONSOMME<br>CHICKEN & RICE  | 2<br>2                     | LS CONSOMME<br>CHICKEN & RICE   | 2<br>2                     | LS CONSOMME<br>TOMATO BASIL  | 2<br>2                     | LS CONSOMME<br>TOMATO BASIL  | 2<br>2                     | LS CONSOMME<br>TOMATO BASIL  | 2<br>2                     |
| <i>SALAD</i><br>FOUR BEAN<br>RED & GREEN LEAF   | 2<br>2                     | <i>SALAD</i><br>PEAR & BLUE CHEESE<br>RED & GREEN LEAF   | 2<br>2                     | <i>SALAD</i><br>APPLE & CARROT<br>RED & GREEN LEAF  | 2<br>2                     | <i>SALAD</i><br>TOMATO & MOZZARELLA<br>MIXED GREENS & ARUGULA  | 2<br>2                     | <i>SALAD</i><br>GREEK<br>MIXED GREENS & ARUGULA  | 2<br>2                     | <i>SALAD</i><br>CAESAR<br>MIXED GREENS & ARUGULA   | 2<br>2                     |
| <i>ENTRÉE</i><br>ZESTY BEEF CHILI<br>W/ CORNBREAD   | 10                         | <i>ENTRÉE</i><br>BBQ PULLED<br>PORK SHOULDER   | 10                         | <i>ENTRÉE</i><br>ROSEMARY<br>RACK OF LAMB   | 10                         | <i>ENTRÉE</i><br>TERIYAKI<br>BEEF KABOB  | 10                         | <i>ENTRÉE</i><br>BEEF<br>STROGANOFF  | 10                         | <i>ENTRÉE</i><br>TURKEY<br>STUFFING & GRAVY  | 10                         |
| OVEN ROASTED COD<br>W/ TOMATO SAFFRON SAUCE   | 10                         | SHRIMP & VEGETABLE<br>LO MEIN  | 10                         | CURRY<br>CHICKEN THIGH  | 10                         | FLOUNDER<br>FRANCESE   | 10                         | POACHED<br>SALMON  | 10                         | SEA SCALLOPS<br>PROVENCIAL   | 10                         |
| BUTTERMILK<br>CHICKEN BREAST  | 10                         | LAYERED VEGETABLE<br>LASAGNA & BECHAMEL SAUCE  | 10                         | MANICOTTI FLORENTINE<br>W/ RED SAUCE  | 10                         | QUARTERED CHICKEN<br>CACCIATORE  | 10                         | CHICKEN<br>PICCATA   | 10                         | SPAGHETTI &<br>MEATBALLS   | 10                         |
| <i>VEGETABLE</i><br>PARMESAN SQUASH<br>PEAS & CARROTS   |                            | <i>VEGETABLE</i><br>ASIAN BLEND VEGETABLE<br>TOMATO OKRA   |                            | <i>VEGETABLE</i><br>DUET OF CARROTS<br>CREAMED SPINACH  |                            | <i>VEGETABLE</i><br>HARVARD BEETS<br>BOK CHOY & SHIITAKE   |                            | <i>VEGETABLE</i><br>MIXED VEGETABLE<br>BROCCOLI  |                            | <i>VEGETABLE</i><br>ROASTED BUTTERNUT<br>BRUSSEL SPROUTS   |                            |
| <i>STARCH</i><br>ROASTED YUKONS<br>SPANISH RICE<br>BAKED POTATO   |                            | <i>STARCH</i><br>TATER TOTS<br>LO-MEIN<br>SWEET POTATO   |                            | <i>STARCH</i><br>TRI-COLOR POTATO<br>BASMATI RICE<br>BAKED POTATO   |                            | <i>STARCH</i><br>STEAMED RED BLISS<br>WHITE RICE<br>SWEET POTATO   |                            | <i>STARCH</i><br>EGG NOODLE<br>SAFFRON RICE<br>BAKED POTATO  |                            | <i>STARCH</i><br>SMASHED POTATOES<br>RED RICE MEDLEY<br>SWEET POTATO   |                            |
| <i>LIGHTER FARE ENTRÉE</i><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION   |                            | <i>LIGHTER FARE ENTRÉE</i><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION  |                            | <i>LIGHTER FARE ENTRÉE</i><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION   |                            | <i>LIGHTER FARE ENTRÉE</i><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION  |                            | <i>LIGHTER FARE ENTRÉE</i><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION  |                            | <i>LIGHTER FARE ENTRÉE</i><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION  |                            |
| <i>ALTERNATIVE CHOICES</i><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER  | 10<br>10<br>10             | <i>ALTERNATIVE CHOICES</i><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER   | 10<br>10<br>10             | <i>ALTERNATIVE CHOICES</i><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER  | 10<br>10<br>10             | <i>ALTERNATIVE CHOICES</i><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER   | 10<br>10<br>10             | <i>ALTERNATIVE CHOICES</i><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER   | 10<br>10<br>10             | <i>ALTERNATIVE CHOICES</i><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER   | 10<br>10<br>10             |
| KALE & WILD RICE STUFFED<br>ACORN SQUASH  | 10                         | KALE & WILD RICE STUFFED<br>ACORN SQUASH   | 10                         | BLACK BEAN & CORN<br>STUFFED PORTOBELLO   | 10                         | BLACK BEAN & CORN<br>STUFFED PORTOBELLO  | 10                         | LENTIL BASE<br>MEATLOAF  | 10                         | LENTIL BASE<br>MEATLOAF  | 10                         |
| <i>DESSERT</i><br>KEYLIME PIE<br>FROSTED BANANA CAKE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <i>DESSERT</i><br>FRUIT OF THE FOREST PIE<br>NAPOLEON<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <i>DESSERT</i><br>RASPBERRY CHOCOLATE TART<br>APPLE SPICE CAKE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <i>DESSERT</i><br>TAPIOCA PUDDING<br>CARROT CAKE BARS<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <i>DESSERT</i><br>APPLE LATTICE PIE<br>RUM RAISIN BREAD PUDDING<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <i>DESSERT</i><br>PUMPKIN PIE<br>BROWNIE FUDGE SUNDAE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 |

Key GF Suggestion for Gluten Free Diets D Suggestion for Diabetic Diets LS Suggestion for Low Salt/Fat Diets VG Suggestion for Vegan V Suggestion for Vegetarians

Please feel free to ask your server for sauce on the side

**PECONIC LANDING - SPRING-FALL 22 WEEK #5**

| <b>MONDAY</b>  | <b>\$</b> | <b>TUESDAY</b>   | <b>\$</b> | <b>WEDNESDAY</b>   | <b>\$</b> | <b>THURSDAY</b>  | <b>\$</b> | <b>FRIDAY</b>  | <b>\$</b> | <b>SATURDAY</b>  | <b>\$</b> |
|--|-----------|--|-----------|--|-----------|--|-----------|--|-----------|--|-----------|
| <u><i>SOUP</i></u><br>WHITE BEAN   | 2         | <u><i>SOUP</i></u><br>FRENCH ONION   | 2         | <u><i>SOUP</i></u><br>CREAM OF CELERY  | 2         | <u><i>SOUP</i></u><br>MULLIGATAWNY   | 2         | <u><i>SOUP</i></u><br>SEAFOOD GUMBO  | 2         | <u><i>SOUP</i></u><br>CHICKEN RICE   | 2         |
| LS CONSOMME  | 2         | LS CONSOMME  | 2         | LS CONSOMME  | 2         | LS CONSOMME  | 2         | LS CONSOMME  | 2         | LS CONSOMME  | 2         |
| STRACCIATELLA  | 2         | STRACCIATELLA  | 2         | STRACCIATELLA  | 2         | BUTTERNUT SQUASH   | 2         | BUTTERNUT SQUASH   | 2         | BUTTERNUT SQUASH   | 2         |
| <u><i>SALAD</i></u><br>CLASSIC SPINACH   | 2         | <u><i>SALAD</i></u><br>MARINATED ARTICHOKE   | 2         | <u><i>SALAD</i></u><br>APPLE, CHEDDAR & WALNUT   | 2         | <u><i>SALAD</i></u><br>ASIAN CARROT SLAW   | 2         | <u><i>SALAD</i></u><br>BLT SALAD   | 2         | <u><i>SALAD</i></u><br>MIXED FRUIT   | 2         |
| MIXED GREENS & ARUGULA   | 2         | MIXED GREENS & ARUGULA   | 2         | MIXED GREENS & ARUGULA   | 2         | ICEBERG  | 2         | ICEBERG  | 2         | ICEBERG  | 2         |
| <u><i>ENTRÉE</i></u><br>GRILLED<br>FLANK STEAK   | 10        | <u><i>ENTRÉE</i></u><br>BAKED HAM W<br>APRICOT CRANBERRY GLAZE                             | 10        | <u><i>ENTRÉE</i></u><br>ROAST STRIPLOIN<br>OF BEEF   | 10        | <u><i>ENTRÉE</i></u><br>MEATLOAF W/<br>BROWN GRAVY   | 10        | <u><i>ENTRÉE</i></u><br>ROAST PORK LOIN<br>W/ BALSAMIC GLAZE                               | 10        | <u><i>ENTRÉE</i></u><br>HUNGARIAN BEEF<br>GOULASH  | 10        |
| LINGUINI   | 10        | BEER BATTER  | 10        | SEAFOOD  | 10        | GRILLED SWORDFISH  | 10        | SAUTEED TROUT  | 10        | SEAFOOD  | 10        |
| RED CLAM SAUCE   |           | COD REMOULADE  |           | NEWBURG  |           | MEDITERRANEAN  |           | W/ HORSERADISH CREAM   |           | PAELLA   |           |
| CORNISH HEN W/<br>ZESTED CRANBERRY RELISH  | 10        | EGGPLANT<br>ROLLATINI  | 10        | CHICKEN<br>FRANCESE  | 10        | MUSHROOM MEDLEY<br>OVER RISOTTO  | 10        | CHICKEN<br>PARMESAN  | 10        | HULI HULI<br>CHICKEN   | 10        |
| <u><i>VEGETABLE</i></u><br>ACORN SQUASH<br>SWISS CHARD                                     |           | <u><i>VEGETABLE</i></u><br>JULIENNE VEGETABLES<br>GREEN BEAN CASSEROLE                     |           | <u><i>VEGETABLE</i></u><br>CORN O'BRIEN<br>ASPARAGUS                                       |           | <u><i>VEGETABLE</i></u><br>BABY CARROTS<br>SPINACH   |           | <u><i>VEGETABLE</i></u><br>CHEDDAR CAULIFLOWER<br>BRAISED KALE                             |           | <u><i>VEGETABLE</i></u><br>RED CABBAGE<br>PEAS & CARROTS                                   |           |
| <u><i>STARCH</i></u><br>POTATOES ANNA<br>GOLDEN JEWEL BLEND<br>BAKED POTATO                |           | <u><i>STARCH</i></u><br>STEAK FRIES<br>MAC & CHEESE<br>SWEET POTATO                        |           | <u><i>STARCH</i></u><br>ROASTED YUKON POTATOES<br>ORZO PILAF<br>BAKED POTATO               |           | <u><i>STARCH</i></u><br>MASHED POTATOES<br>BROWN RICE<br>SWEET POTATO                      |           | <u><i>STARCH</i></u><br>RISSOLE<br>LINGUINI<br>BAKED POTATO                                |           | <u><i>STARCH</i></u><br>EGG NOODLE<br>YELLOW RICE (CONV)<br>SWEET POTATO                   |           |
| <u><i>LIGHTER FARE ENTRÉE</i></u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION | 10        | <u><i>LIGHTER FARE ENTRÉE</i></u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION | 10        | <u><i>LIGHTER FARE ENTRÉE</i></u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION | 10        | <u><i>LIGHTER FARE ENTRÉE</i></u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION | 10        | <u><i>LIGHTER FARE ENTRÉE</i></u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION | 10        | <u><i>LIGHTER FARE ENTRÉE</i></u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION | 10        |
| <u><i>ALTERNATIVE CHOICES</i></u><br>ROAST CHICKEN   | 10        | <u><i>ALTERNATIVE CHOICES</i></u><br>ROAST CHICKEN   | 10        | <u><i>ALTERNATIVE CHOICES</i></u><br>ROAST CHICKEN   | 10        | <u><i>ALTERNATIVE CHOICES</i></u><br>ROAST CHICKEN   | 10        | <u><i>ALTERNATIVE CHOICES</i></u><br>ROAST CHICKEN   | 10        | <u><i>ALTERNATIVE CHOICES</i></u><br>ROAST CHICKEN   | 10        |
| BEEF BURGER DELUXE   | 10        | BEEF BURGER DELUXE   | 10        | BEEF BURGER DELUXE   | 10        | BEEF BURGER DELUXE   | 10        | BEEF BURGER DELUXE   | 10        | BEEF BURGER DELUXE   | 10        |
| OMELET TO ORDER  | 10        | OMELET TO ORDER  | 10        | OMELET TO ORDER  | 10        | OMELET TO ORDER  | 10        | OMELET TO ORDER  | 10        | OMELET TO ORDER  | 10        |
| ROASTED SPAGHETTI SQUASH   |           | ROASTED SPAGHETTI SQUASH   |           | GRILLED ZUCCHINI   |           | GRILLED ZUCCHINI   |           | BOK CHOY STIR FRY &  |           | BOK CHOY STIR FRY &  |           |
| EGGPLANT PUTTANESCA  | 10        | EGGPLANT PUTTANESCA  | 10        | LASAGNA  | 10        | LASAGNA  | 10        | BROWN RICE   | 10        | BROWN RICE   | 10        |
| <u><i>DESSERT</i></u><br>DUTCH APPLE PIE   | 2         | <u><i>DESSERT</i></u><br>CRÈME BRULEE  | 2         | <u><i>DESSERT</i></u><br>CINN. APPLE RAISIN CRISP  | 2         | <u><i>DESSERT</i></u><br>RAISIN RICE PUDDING   | 2         | <u><i>DESSERT</i></u><br>PEACH MELBA MOUSSE  | 2         | <u><i>DESSERT</i></u><br>BLUEBERRY PEAR CRISP  | 2         |
| WHITE CHOCOLATE BREAD PUDDING  | 2         | BLUEBERRY COFFEE CAKE  | 2         | RED VELVET CAKE  | 2         | MARBLE POUND CAKE  | 2         | CHOCOLATE CAKE W/ ICING  | 2         | CHOCOLATE STRAWBERRY CAKE  | 2         |
| ICE CREAM  | 2         | ICE CREAM  | 2         | ICE CREAM  | 2         | ICE CREAM  | 2         | ICE CREAM  | 2         | ICE CREAM  | 2         |
| ALA MODE/JELLO/PUDDING   | 2         | ALA MODE/JELLO/PUDDING   | 2         | ALA MODE/JELLO/PUDDING   | 2         | ALA MODE/JELLO/PUDDING   | 2         | ALA MODE/JELLO/PUDDING   | 2         | ALA MODE/JELLO/PUDDING   | 2         |
| FRESH FRUIT CUP  | 2         | FRESH FRUIT CUP  | 2         | FRESH FRUIT CUP  | 2         | FRESH FRUIT CUP  | 2         | FRESH FRUIT CUP  | 2         | FRESH FRUIT CUP  | 2         |
| COOKIES (2)  | 2         | COOKIES (2)  | 2         | COOKIES (2)  | 2         | COOKIES (2)  | 2         | COOKIES (2)  | 2         | COOKIES (2)  | 2         |

Key GF Suggestion for Gluten Free Diets D Suggestion for Diabetic Diets LS Suggestion for Low Salt/Fat Diets VG Suggestion for Vegan V Suggestion for Vegetarians

Please feel free to ask your server for sauce on the side

PECONIC LANDING - SPRING-FALL 22 WEEK #6

| MONDAY   | \$                         | TUESDAY  | \$                         | WEDNESDAY  | \$                         | THURSDAY  | \$                         | FRIDAY  | \$                         | SATURDAY  | \$                         |
|--|----------------------------|--|----------------------------|--|----------------------------|---|----------------------------|---|----------------------------|---|----------------------------|
| <u>SOUP</u><br>BEEF VEGETABLE  | 2                          | <u>SOUP</u><br>SPLIT PEA   | 2                          | <u>SOUP</u><br>PUMPKIN ALE   | 2                          | <u>SOUP</u><br>ITALIAN WEDDING  | 2                          | <u>SOUP</u><br>N.E. CRAB CHOWDER  | 2                          | <u>SOUP</u><br>BEEF BORSCHT   | 2                          |
| LS CONSOMME<br>CREAM OF MUSHROOM   | 2<br>2                     | LS CONSOMME<br>CREAM OF MUSHROOM   | 2<br>2                     | LS CONSOMME<br>CREAM OF MUSHROOM   | 2<br>2                     | LS CONSOMME<br>GARDEN VEGETABLE   | 2<br>2                     | LS CONSOMME<br>GARDEN VEGETABLE   | 2<br>2                     | LS CONSOMME<br>GARDEN VEGETABLE   | 2<br>2                     |
| <u>SALAD</u><br>BROCCOLI PASTA<br>ICEBERG  | 2<br>2                     | <u>SALAD</u><br>TOMATO CUCUMBER<br>ICEBERG   | 2<br>2                     | <u>SALAD</u><br>COLESLAW<br>ICEBERG  | 2<br>2                     | <u>SALAD</u><br>DILL POTATO<br>TOSSED SALAD   | 2<br>2                     | <u>SALAD</u><br>CARROT RAISIN<br>TOSSED SALAD   | 2<br>2                     | <u>SALAD</u><br>SPINACH, STRAW. & GOAT CHEESE<br>TOSSED SALAD   | 2<br>2                     |
| <u>ENTRÉE</u><br>STUFFED<br>CABBAGE  | 10                         | <u>ENTRÉE</u><br>MARINATED<br>SKIRT STEAK  | 10                         | <u>ENTRÉE</u><br>IRISH LAMB<br>STEW  | 10                         | <u>ENTRÉE</u><br>BRAISED BEEF BRISKET<br>& CARAMELIZED ONIONS   | 10                         | <u>ENTRÉE</u><br>SMOKED PAPRIKA<br>RUBBED RIB ROAST   | 10                         | <u>ENTRÉE</u><br>PORK CHOP &<br>SAUERKRAUT  | 10                         |
| SHRIMP SCAMPI W/<br>CORN POLENTA & PESTO   | 10                         | HOME STYLE SEAFOOD<br>STUFFED SOLE   | 10                         | CAJUN<br>CATFISH   | 10                         | POACHED GROUPE<br>IN MISO BROTH   | 10                         | HERB CRUSTED<br>COD   | 10                         | GRILLED<br>SALMON   | 10                         |
| DARK MEAT<br>CHICKEN & BROCCOLI  | 10                         | LEMON CHICKEN &<br>ARTICHOKES  | 10                         | GNOCCHI W/ SUN-DRIED<br>TOMATOES & ASPARAGUS   | 10                         | SAUTEED CHICKEN W/<br>TARRAGON SAUCE  | 10                         | PENNE<br>A LA VODKA   | 10                         | CHICKEN BREAST<br>FLORENTINE  | 10                         |
| <u>VEGETABLE</u><br>SLICED CARROTS<br>BROCCOLINI   |                            | <u>VEGETABLE</u><br>SPAGHETTI SQUASH<br>ASPARAGUS  |                            | <u>VEGETABLE</u><br>ACORN SQUASH<br>ESCAROLE & WHITE BEANS   |                            | <u>VEGETABLE</u><br>HARVARD BEETS<br>COLLARD GREENS   |                            | <u>VEGETABLE</u><br>CARROT PARSNIP<br>HARICOT VERT  |                            | <u>VEGETABLE</u><br>CAULIFLOWER<br>BRUSSEL SPROUTS  |                            |
| <u>STARCH</u><br>CORN POLENTA<br>WHITE RICE<br>BAKED POTATO  |                            | <u>STARCH</u><br>YUKON GOLD<br>HERB ORZO<br>SWEET POTATO   |                            | <u>STARCH</u><br>EGG NOODLE<br>RED BEANS & RICE<br>BAKED POTATO  |                            | <u>STARCH</u><br>FINGERLING POTATOES<br>RICE NOODLE<br>SWEET POTATO   |                            | <u>STARCH</u><br>LA GAZELLE POTATO<br>TOMATO RICE<br>BAKED POTATO   |                            | <u>STARCH</u><br>PIEROGIES<br>JASMINE RICE<br>SWEET POTATO  |                            |
| <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION  | 10                         | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION  | 10                         | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION  | 10                         | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION   | 10                         | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION   | 10                         | <u>LIGHTER FARE ENTRÉE</u><br>CAESAR OR HOUSE SALAD W/<br>A DAILY PROTEIN SELECTION                                   | 10                         |
| <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER   | 10<br>10<br>10             | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER   | 10<br>10<br>10             | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER   | 10<br>10<br>10             | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER  | 10<br>10<br>10             | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER  | 10<br>10<br>10             | <u>ALTERNATIVE CHOICES</u><br>ROAST CHICKEN<br>BEEF BURGER DELUXE<br>OMELET TO ORDER                                  | 10<br>10<br>10             |
| VEGETABLE LO MEIN W/<br>SHIITAKE BROTH   | 10                         | VEGETABLE LO MEIN W/<br>SHIITAKE BROTH   | 10                         | ROASTED BUTTERNUT SQUASH<br>W/ SPICED CHICKPEAS  | 10                         | ROASTED BUTTERNUT SQUASH<br>W/ SPICED CHICKPEAS   | 10                         | CRISPY FALAFEL<br>PLATE   | 10                         | CRISPY FALAFEL<br>PLATE   | 10                         |
| <u>DESSERT</u><br>BLUEBERRY PIE<br>BLACK & WHITE CAKE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>APPLE STRUDEL<br>COCONUT LAYER CAKE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>BANANA PUDDING<br>MOCHA MOUSSE CAKE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>RASPBERRY MOUSSE TART<br>TRIPLE CHOCOLATE CAKE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>APPLE LATTICE PIE<br>N.Y. STYLE CHEESECAKE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 | <u>DESSERT</u><br>MINI CANNOLI<br>TRES LECHE<br>ICE CREAM<br>ALA MODE/JELLO/PUDDING<br>FRESH FRUIT CUP<br>COOKIES (2) | 2<br>2<br>2<br>2<br>2<br>2 |

Key GF Suggestion for Gluten Free Diets D Suggestion for Diabetic Diets LS Suggestion for Low Salt/Fat Diets VG Suggestion for Vegan V Suggestion for Vegetarians

Please feel free to ask your server for sauce on the side