

Monday, June 16, 2025 SOUPS

Kielbasa and Cabbage (GF/DF) ◆ 3/5
Golden Potato (GF/DF/OF/VE) 3/5

ENTREES

Chicken and Mushroom Marsala (D/A) 6 Chicken thighs, flour, onions, mushrooms, wine, and thyme.

Roasted Shrimp in Tomato Cream (GF/D/A) 6 Shrimp, garlic, butter, shallots, wine, tomatoes, and cream.

Fried Eggplant Marsala (GF/DF/VE/A) 6

Eggplant, rice flour, corn starch, Rice-Chex, nutritional yeast, vegan butter, mushrooms, oat milk, and wine.

SIDES

Egg Noodles (DF) 1
Glazed Rainbow Carrots (GF/D) 1
Steamed Green Beans 1
Baked Potato or Baked Sweet Potato 1
Brown Rice 1
Steamed Carrots or Steamed Spinach 1
Legume of the Day 1

DESSERTS

Italian Lemon Cream Cake (D) 3

Tuesday, June 17, 2025

SOUPS

Beef Noodle (DF) 3/5
Spring Vegetable and Miso (GF/DF/OF/VE) 3/5

ENTREES

Dijon and Herb Braised Chicken (DF/A) 6 Chicken thighs, yellow, garlic, wine, and Dijon.

London Broil (GF/D) 6

Top sirloin, shallots, Worcestershire, mushrooms, carrots, and butter.

Tempeh London Broil (GF/DF/VE) 6

Marinated tempeh, Worcestershire, shallots, ginger, mushrooms, and leeks.

SIDES

Boursin Mashed Potatoes (GF/D) 1
Herb Roasted Vegetables (GF/DF) 1
Steamed Asparagus 1
Baked Potato or Baked Sweet Potato 1
Brown Rice 1
Steamed Carrots or Steamed Spinach 1
Legume of the Day 1

DESSERTS

Italian Lemon Cream Cake (D) 3

Wednesday, June 18, 2025

SOUPS

Chicken Artichoke (GF/D) 3/5
Spanish Vegetable (GF/DF/OF/VE) 3/5

ENTREES

Sweet and Sour Meatballs (DF) 6

Ground beef, pork, ginger, egg, panko, soy sauce, garlic, Mae Ploy, vinegar, brown sugar, pineapple, and bell peppers.

Maple and Soy Glazed Cod (GF/DF) 6 Cod, maple syrup, Dijon, and soy sauce.

Sweet and Sour Tofu (GF/DF/OF/VE) 6

Tofu, soy sauce, garlic, Mae Ploy, vinegar, brown sugar, pineapple, and bell peppers.

SIDES

Jasmine Rice (GF/DF/OF) 1
Ginger Garlic Green Beans (GF/DF) 1
Steamed Broccoli 1
Brown Rice 1
Baked or Sweet Potato 1
Steamed Spinach or Carrots 1
Legume of the Day 1

DESSERTS

Dulce de Leche Cheesecake (D) 3

Dinner

DAILY SPECIALS

Thursday, June 19, 2025

SOUPS

German Goulash (D) 3/5

Borscht (GF/DF/OF/VE) ◆+ 3/5

Note: Dairy Optional

ENTREES

Coq au Vin (D/A) 6

Chicken thighs, burgundy, cognac, onions, carrots, bacon mushrooms, tomato paste, and pearl onions.

Lemon Tarrragon Glazed Rockfish (GF/D) 6 Rockfish, butter, shallots, lemon, thyme and tarragon.

Vegan Coq au Vin (GF/DF/OF/VE/A) 6
Mushrooms, potatoes, red wine, pearl onions, thyme,
garlic and vegetable stock.

SIDES

Roasted Fingerling Potatoes (GF/D) 1
Roasted Asparagus (GF/D) 1
Steamed Brussels Sprouts 1
Brown Rice 1
Baked or Sweet Potato 1
Steamed Spinach or Carrots 1
Legume of the Day 1

DESSERTS

Dulce de Leche Cheesecake (D) 3

Friday, June 20, 2025

SOUPS

Smoked Salmon Chowder (D) 3/5
Carrot and Ginger (GF/DF/OF/VE) ◆ 3/5

ENTREES

Turkey Fricassee (D) ◆ 6

Turkey, butter, onions, celery, carrots, peas, and heavy cream.

Pork Roast with Apples, Garlic, and Thyme (GF/DF) 6
Pork roast with apples, onions, garlic, thyme, rosemary,
bay leaf and cinnamon.

Soy Curl Fricassee (GF/DF/OF/VE) 6
Soy curls, onions, celery, carrots, peas, and coconut milk.
with Vegan Mashed Potatoes (GF/DF/VE)
Potatoes, plant-based butter, and soy milk.

SIDES

Roasted Garlic Mashed Potatoes (GF/D) 1
Braised Swiss Chard (GF/DF/A) 1
Steamed Cauliflower 1
Brown Rice 1
Baked or Sweet Potato 1
Steamed Spinach or Carrots 1
Legume of the Day 1

DESSERTS

Marionberry Lavender Pie (D) 3

Saturday, June 21, 2025

SOUPS

Split Pea and Ham (GF/D) 3/5
Tomato Basil Bisque (GF/D/OF/VG) 3/5

ENTREES

Braised Moroccan Chicken (GF/DF) 6

Chicken thighs, onion, carrots, garlic, ginger, coriander, cumin, turmeric, bay leaves, cinnamon, chicken broth, raisins, and parsley.

Duqqa Beef Medallions with Mango Chutney (GF/DF/Nuts) 6 Beef medallions, pistachio, almonds, sesame seeds, fennel and mango chutney.

Vegan Chickpea and Cauliflower Curry (GF/DF/OF/VE/Nuts) 6
Potatoes, cauliflower, curry spice, vegetable base, garbanzo beans, tomato, and cashew cream.

SIDES

Carrot and Coriander Rice Pilaf (GF/DF) 1
Spiced Roasted Cauliflower (GF/DF) 1
Steamed Swiss Chard 1
Brown Rice 1
Baked or Sweet Potato 1
Steamed Spinach or Carrots 1
Legume of the Day 1

DESSERTS

Marionberry Lavender Pie (D) 3
Mixed Fruit