



Dinner Specials ~ Monday, September 29, 2025

SOUPS

German Sausage and Barley (D) 3/5
Parsnip, Carrot and Apple (GF/DF/OF/VE) ▼+ 3/5

ENTREES

Kielbasa Coddle (DF/A) 6

Bacon, kielbasa, potatoes, dark beer, onions, garlic, and thyme.

Honey Garlic Butter Shrimp (GF/D) ◆ 6

Honey, soy sauce, ginger, garlic, shrimp, and butter.

Artichoke and Chickpea Cakes (GF/DF/VE) 6

Mushrooms, pecans, onions, almonds, and sorghum flour.

SIDES

Almond Rice Pilaf (GF/DF/Nuts) ▼+ 1

Green Beans with Toasted Hazelnuts and Lemon Zest

(GF/DF/Nuts) **◆▼** 1

Steamed Brussels Sprouts 1

Baked Potato or Baked Sweet Potato 1

Brown Rice 1

Steamed Carrots or Steamed Spinach 1

Legume of the Day 1

French Fries or Sweet Potato Fries 1

DESSERTS

Key Lime Pie (D/Nuts) 3



Dinner Specials ~ Tuesday, September 30, 2025

SOUPS

Bacon and Butternut Squash (D) 3/5
Autumn Vegetable and Quinoa (GF/DF/OF/VE) + 3/5

ENTREES

Bacon and Mushroom Braised Chicken Thighs (GF/D/A) ◆ 6

Chicken thighs, celery, onions, carrots, mushrooms, white wine, cream, and bacon.

Butter Crumb Cod (D) ◆ 6

Cod, butter and Ritz crackers.

Vegan Barley Stuffed Peppers (DF/OF/VE) ▼+ 6

Green peppers, barley, onions, garlic, tomatoes, and thyme.

SIDES

Quinoa Pilaf (GF/DF/OF/VE) ◆▼↓ 1

Roasted Brussels Sprouts (GF/DF) ◆ 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

French Fries or Sweet Potato Fries 1

DESSERTS

Key Lime Pie (D/Nuts) 3





Dinner Specials ~ Wednesday, October 1, 2025

SOUPS

Beef and Vegetable (GF/DF) 3/5
Bok Choy and Sweet Potato (GF/DF/OF/VE) + 3/5

ENTREES

Bourbon Roasted Pork Loin (GF/DF/A) ◆ 6

Pork loin, whiskey, brown sugar, honey, sriracha, onions and apples.

Grilled Salmon with Lemon Sesame Sauce (GF/DF) 6

Salmon, lemon, shallot, honey and sesame oil.

White Bean Stuffed Portobello Mushrooms (GF/DF/OF/VE) + 6

Portobello mushrooms, white beans, onions, leeks, celery, garlic, turmeric, kale, spinach, artichoke hearts, and tomatoes.

SIDES

Herb Roasted Potato Wedges (GF/DF) ▼ 1

Carrots Amandine (GF/D/Nuts) ◆▼ 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

French Fries or Sweet Potato Fries 1

DESSERTS

Orange Phylllo Cake (D) 3





Dinner Specials ~ Thursday, October 2, 2025

SOUPS

Beer and Cheddar (D) 3/5

Cabbage and Apple (GF/DF/OF/VE) ▼+ 3/5

ENTREES

Roasted Turkey Breast with Turkey Gravy (D) ◆+ 6

Thyme, sage, olive oil, salt, pepper, gravy, butter, and flour.

Apple Cider Braised Beef (GF/DF) ◆ 6

Beef braised in cinnamon, bay leaf, rosemary, thyme, garlic, apple, onion, stock, and apple cider.

Vegan Leek and Spinach Pie (DF/VE) ↓ 6

Onion, leeks, green onions, dill, parsley, mint, nutritional yeast, vegetable stock, fresh spinach, and phyllo dough.

SIDES

Mashed Potatoes (GF/D) 1

Broccoli Gratin (D) ◆ 1

Steamed Cauliflower 1

Baked Potato or Baked Sweet Potato 1

Brown Rice 1

Steamed Carrots or Steamed Spinach 1

Legume of the Day 1

French Fries or Sweet Potato Fries 1

DESSERTS

Carrot Cake (D) 3



Dinner Specials ~ Friday, October 3, 2025

SOUPS

New England Clam Chowder (D) 3/5
Carrot and Ginger (GF/DF/OF/VE) ◆ 3/5

ENTREES

Herb Baked Sole (GF/D) ◆ 6

Sole, butter, garlic, parsley, dill, garlic, and onion.

Coq au Vin (D/A) ◆ 6

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

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/DF) 1

Roasted Cauliflower (GF/DF) ◆▼ 1

Steamed Broccoli 1

Baked Potato or Baked Sweet Potato 1

Brown Rice 1

Steamed Carrots or Steamed Spinach 1

Legume of the Day 1

French Fries or Sweet Potato Fries 1

DESSERTS

Chocolate Walnut Pie (D/Nuts) 3



Dinner Specials ~ Saturday, October 4, 2025

SOUPS

Split Pea with Ham (GF/DF) → 3/5
Roasted Tomato (GF/FD/OF/VE) → 3/5

ENTREES

Mediterranean Seafood Ragout (GF/D/A) ↓ 6

Onions, carrots, garlic, green peppers, oregano, red pepper flakes, tomato, wine, potatoes, clam juice, cod, shrimp, parsley, and parmesan.

Roasted Pork Loin with Apricot and Rosemary (GF/D/A) ◆ 6

Pork loin, shallots, apricots, rosemary, and white wine.

Quinoa Tabouili Stuffed Tomatoes (GF/DF/OF/VE) ▼ 6

Quinoa, parsley, mint, chopped tomatoes, and lemon.

SIDES

Carrot and Coriander Rice Pilaf (GF/DF) ▼↓ 1

Herb Roasted Vegetables (GF/DF) ◆ 1

Steamed Zucchini and Yellow Squash 1

Baked Potato or Baked Sweet Potato 1

Brown Rice 1

Steamed Carrots or Steamed Spinach 1

Legume of the Day 1

French Fries or Sweet Potato Fries 1

DESSERTS

Chocolate Walnut Pie (D/Nuts) 3
Mixed Fruit 2