



Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Monday, September 8, 2025

SOUPS

Polenta, Kale and Italian Sausage (GF/D/A) ↓ 3/5

Summer Corn and Lima Bean (GF/DF/OF/VE) ↓ 3/5

ENTREES

Linguica Stuffed Bell Peppers (GF/DF) 6

Linguica sausage, red peppers, brown rice, onions, garlic, tomatoes, and kale.

Shrimp Scampi (GF/D/A) ♦ 6

Shrimp, garlic, thyme, butter, wine, lemon, and parsley.

Crispy Chickpea Stuffed Peppers (GF/DF/OF/VE) ↓ 6

Chickpeas, red peppers, brown rice, onions, carrots, and garlic.

SIDES

Creamy Polenta (GF/D) ♦▼ 1

Creamed Kale (D) ♦ 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

Tiramisu (D) 3

Mixed Fruit 2

(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy
(DF) Dairy Free • (A) Contains Alcohol • (OF) Oil-Free • (♦) Low Carb • (▼) Low Sodium • (†) Low Fat



Dinner Specials ~ Tuesday, September 9, 2025

SOUPS

Creamy Chicken Alfredo (D) 3/5

Beet and Tomato Gazpacho (GF/DF/OF/VE) 3/5

ENTREES

Roasted Pork Tenderloin with Creamy Dijon Sauce (GF/D) ♦ 6

Pork tenderloin, Dijon mustard, and cream.

Salmon Meuniere (D) 6

Salmon, flour, butter, parsley, chives, dill, and lemon.

Vegan Stuffed Zucchini (GF/DF/OF/VE) † 6

Zucchini, chickpeas, vegetable broth, garlic, roasted red peppers, artichoke hearts, thyme, and rosemary.

SIDES

Boursin Mashed Potatoes (GF/D) 1

Broccoli Amandine (GF/D/Nuts) ♦▼ 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

Tiramisu (D) 3

Mixed Fruit 2



Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Wednesday, September 10, 2025

SOUPS

Beef and Vegetable (GF/DF) 3/5

Roasted Cauliflower (GF/DF/OF/VE) ↓ 3/5

ENTREES

Chicken Pastitsio (D/A) 6

Chicken, onions, garlic, mushrooms, cinnamon, wine, tomatoes, penne pasta, and bechamel sauce,

Sole Oreganata (GF/D) ♦↓ 6

Sole, sauteed onions, basil and oregano.

Vegan Pastitsio (GF/DF/VE/A) 6

Vegan butter, onions, garlic, mushrooms, cinnamon, red wine, tomatoes, lentils, GF penne, and soy milk.

SIDES

Paprika Roasted Fingerling Potatoes (GF/DF) 1

Greek Green Beans (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

Rustic Apple Tart (D) 3

Mixed Fruit 2

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Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Thursday, September 11, 2025

SOUPS

Lemon Chicken and Rice (GF/D) 3/5

Chilled Melon (GF/DF/OF/VE) 3/5

ENTREES

Chicken Marbella (GF/DF/A) 6

Bone-in chicken thighs, prunes, green olives, garlic, oregano, white wine, and parsley.

Braised Brisket (GF/DF/A) 6

Beef, onion, garlic, carrot, tomato, wine and honey.

Cauliflower Marbella (GF/DF/VE/A) 6

Cauliflower, vinegar, prunes, capers, oregano, oil, and wine.

SIDES

Buttered Yukon Potatoes (GF/D) ▼ 1

Roasted Cauliflower (GF/DF) ♦▼ 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

Chocolate Peanut Butter Cake (D/Nuts) 3

Mixed Fruit 2



Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Friday, September 12, 2025

SOUPS

Manhattan Clam Chowder (GF/D) ♦↓ 3/5

Summer Vegetable (GF/DF/OF/VE) ▼↓ 3/5

ENTREES

Chicken Shish Kebab (GF/D) ♦ 6

Chicken, onions, garlic, tomato, yogurt, lemon, and paprika.

Charmoula Grilled Lamb Chops (GF/DF) 6

Grilled lamb chops, cilantro, parsley, lemon zest, cumin, coriander, smoked paprika, and cayenne.

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

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

SIDES

Coriander and Cardamom Spiced Rice (GF/DF) ▼↓ 1

Moroccan Stewed Zucchini (GF/DF) ♦ 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

Strawberry Rhubarb Pie (D) 3

Mixed Fruit 2

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Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Saturday, September 13, 2025

SOUPS

Chicken and Wild Rice (D) 3/5

Red Pepper and Tomato (GF/DF/OF/VE) ♦↓ 3/5

ENTREES

Sour Cream and Dill Baked Cod (D) 6

Cod, milk, sour cream, dill, panko, butter, and garlic.

Steak Diane (D/A) 6

Beef, butter, shallots, cognac, cream, Dijon, and Worcestershire.

Portobello Mushroom Rockefeller (GF/DF/OF/VE/Nuts) 6

Mushrooms, onions, garlic, spinach, oat milk, vegan cashew parmesan cheese, Rice-Chex, and lemon zest.

SIDES

Twice-Baked Potatoes with Bacon (D) 1

Carrots Vichy (GF/D) ♦▼ 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

Strawberry Rhubarb Pie (D) 3

Mixed Fruit 2