



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, January 26, 2025

SOUPS

German Sausage and Barley
(D) 3/5

Parsnip, Carrot, and Apple
(GF/DF/OF/VE) ▼↕ 3/5

SANDWICH BAR

Half Sandwich 3

Whole Sandwich 6

BREAD:

Nine-Grain, Buttermilk,
Sourdough, Rye, or Gluten-Free

CONDIMENTS:

Mayonnaise, Mustard

CHEESE:

American, Cheddar,
Swiss, or Havarti

PROTEINS:

Tuna Salad, Egg Salad, Turkey,
Ham, or Roast Beef

TOPPINGS:

Green Leaf Lettuce, Tomatoes,
Red Onions, and Dill or Sweet Pickle

HEARTH OVEN SPECIALS

Turkey and Muenster (D) 6
Ciabatta bread, sliced turkey,
Muenster cheese, red onion and
Ajvar (Eggplant and Pepper Spread)

Pimento Cheese Bagel (D) 6

Cheddar and peppadew cheese
spread, bacon, sliced toasted bagel,
and bread and butter pickle chips.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Chewy Ginger Cookies (D) 1
Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Friday, January 30, 2025

SOUPS

New England Clam Chowder (D) 3/5
White Bean and Escarole
(GF/DF/OF/VE/A) ↓▼ 3/5

SANDWICH BAR

Half Sandwich 3
Whole Sandwich 6

BREAD:

Nine-Grain, Buttermilk,
Sourdough, Rye, or Gluten-Free

CONDIMENTS:

Mayonnaise, Mustard

CHEESE:

American, Cheddar,
Swiss, or Havarti

PROTEINS:

Tuna Salad, Egg Salad, Turkey,
Ham, or Roast Beef

TOPPINGS:

Green Leaf Lettuce, Tomatoes,
Red Onions, and Dill or Sweet Pickle

HEARTH OVEN SPECIALS

Turkey and Muenster (D) 6
Ciabatta bread, sliced turkey,
Muenster cheese, red onion and
Ajvar (Eggplant and Pepper Spread)

Pimento Cheese Bagel (D) 6

Cheddar and peppadew cheese
spread, bacon, sliced toasted bagel,
and bread and butter pickle chips.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Fudge Brownie (D) 1
Mixed Fruit 2



Tuesday, January 27, 2025

SOUPS

Beef Stroganoff (D) 3/5
Celery Soup
(GF/DF/OF/VE/Nuts) ♦▼↓ 3/5

SANDWICH BAR

Half Sandwich 3
Whole Sandwich 6

BREAD:
Nine-Grain, Buttermilk,
Sourdough, Rye, or Gluten-Free

CONDIMENTS:
Mayonnaise, Mustard

CHEESE:
American, Cheddar,
Swiss, or Havarti

PROTEINS:
Tuna Salad, Egg Salad, Turkey,
Ham, or Roast Beef

TOPPINGS:
Green Leaf Lettuce, Tomatoes,
Red Onions, and Dill or Sweet Pickle

HEARTH OVEN SPECIALS

Turkey and Muenster (D) 6
Ciabatta bread, sliced turkey,
Muenster cheese, red onion and
Ajvar (Eggplant and Pepper Spread)

Pimento Cheese Bagel (D) 6
Cheddar and peppadew cheese
spread, bacon, sliced toasted bagel,
and bread and butter pickle chips.

KETTLE CHIPS 2
BBQ, Honey Mustard, or Sea Salt

DESSERT
Chewy Ginger Cookies (D) 1
Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Wednesday, January 28, 2025

SOUPS

- Turkey and Wild Rice
(GF/D) ♦ 3/5
- Cashew Pea
(GF/DF/OF/VE/Nuts) ▼↓ 3/5

SANDWICH BAR

- Half Sandwich 3
- Whole Sandwich 6

BREAD:
Nine-Grain, Buttermilk,
Sourdough, Rye, or Gluten-Free

CONDIMENTS:
Mayonnaise, Mustard

CHEESE:
American, Cheddar,
Swiss, or Havarti

PROTEINS:
Tuna Salad, Egg Salad, Turkey,
Ham, or Roast Beef

TOPPINGS:
Green Leaf Lettuce, Tomatoes,
Red Onions, and Dill or Sweet Pickle

HEARTH OVEN SPECIALS

Turkey and Muenster (D) 6
Ciabatta bread, sliced turkey,
Muenster cheese, red onion and
Ajvar (Eggplant and Pepper Spread)

Pimento Cheese Bagel (D) 6
Cheddar and peppadew cheese
spread, bacon, sliced toasted bagel,
and bread and butter pickle chips.

KETTLE CHIPS 2
BBQ, Honey Mustard, or Sea Salt

DESSERT
Fig Crumble Bar (D) 1
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



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, January 29, 2025

SOUPS

Chicken Tikka Masala

(GF/DF) ▼ 3/5

Mulligatawny

(GF/DF/OF/VE) ↓ 3/5

SANDWICH BAR

Half Sandwich 3

Whole Sandwich 6

BREAD:

Nine-Grain, Buttermilk,
Sourdough, Rye, or Gluten-Free

CONDIMENTS:

Mayonnaise, Mustard

CHEESE:

American, Cheddar,
Swiss, or Havarti

PROTEINS:

Tuna Salad, Egg Salad, Turkey,
Ham, or Roast Beef

TOPPINGS:

Green Leaf Lettuce, Tomatoes,
Red Onions, and Dill or Sweet Pickle

HEARTH OVEN SPECIALS

Turkey and Muenster (D) 6

Ciabatta bread, sliced turkey,
Muenster cheese, red onion and
Ajvar (Eggplant and Pepper Spread)

Pimento Cheese Bagel (D) 6

Cheddar and peppadew cheese
spread, bacon, sliced toasted bagel,
and bread and butter pickle chips.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Fig Crumble Bar (D) 1

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



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, January 31, 2025

SOUPS

Chicken and Dumpling (D) 3/5
Zesty Bean (GF/DF/OF/VE) ↓ 3/5

SANDWICH BAR

Half Sandwich 3
Whole Sandwich 6

BREAD:

Nine-Grain, Buttermilk,
Sourdough, Rye, or Gluten-Free

CONDIMENTS:

Mayonnaise, Mustard

CHEESE:

American, Cheddar,
Swiss, or Havarti

PROTEINS:

Tuna Salad, Egg Salad, Turkey,
Ham, or Roast Beef

TOPPINGS:

Green Leaf Lettuce, Tomatoes,
Red Onions, and Dill or Sweet Pickle

HEARTH OVEN SPECIALS

Turkey and Muenster (D) 6
Ciabatta bread, sliced turkey,
Muenster cheese, red onion and
Ajvar (Eggplant and Pepper Spread)

Pimento Cheese Bagel (D) 6

Cheddar and peppadew cheese
spread, bacon, sliced toasted bagel,
and bread and butter pickle chips.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Fudge Brownie (D) 1
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