



Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Monday, January 12, 2025

SOUPS

Navy Bean and Ham (GF/D) ↓ 3/5

Thai Coconut and Tomato (GF/DF/OF/VE) ♦ 3/5

ENTREES

Bangers and Mash and Onions Gravy (D) 6

Pork sausages, mashed potatoes, butter, and onion gravy.

Honey Glazed Salmon (GF/D) ♦ 6

Salmon, butter, ginger, Dijon, honey, and chives.

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

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

SIDES

Mashed Potatoes (GF/D) 1

Buttered Peas and Carrots (GF/D) 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

Turtle Cheesecake (D/Nuts) 3

Mixed Fruit 2



Dinner Specials ~ Tuesday, January 13, 2025

SOUPS

Albondigas (GF/DF) ♦ 3/5

Black Bean (GF/DF/OF/VE) ↓ 3/5

ENTREES

Cilantro Lime Marinated Chicken (GF/DF/A) 6

Chicken thighs, sherry, garlic, red peppers flakes, sesame oil, and lime.

Cuban Pork Roast (GF/DF) 6

Pork roast, citrus juice, onions, and cilantro.

Vegan Picadillo (GF/DF/VE) 6

Impossible meat, onions, oregano, cumin, fire roasted tomatoes, kidney beans, potatoes, and raisins. Served with flour tortillas.

SIDES

Cilantro Lime Rice (GF/DF/OF/VE) ▼↓ 1

Calabacitas (GF/*D) *Dairy Optional 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

Turtle Cheesecake (D/Nuts) 3

Mixed Fruit 2



Dinner Specials ~ Wednesday, January 14, 2025

SOUPS

Beef Barley (DF) ↓ 3/5

Creamy Sweet Potato and Apple (GF/DF/OF/VE) 3/5

ENTREES

Lemon and Garlic Baked Cod (GF/D) 6

Cod baked with butter, lemon zest, garlic, and paprika.

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

Pork tenderloin, Dijon mustard, and cream.

Roasted Cauliflower Steaks with Romesco Sauce (GF/DF/OF/VE/Nuts) 6

Roasted cauliflower steak, red pepper, tomato, garlic, zucchini puree and almond sauce..

SIDES

Herb Roasted Red Potatoes (GF/DF) ▼ 1

Honey Ginger Roasted Carrots (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

Chocolate Mint Cream Pie (D) 3

Mixed Fruit 2



Dinner Specials ~ Thursday, January 15, 2025

SOUPS

Bacon and Butternut Squash (D) 3/5

Golden Garlic and Cauliflower (GF/DF/OF/VE) 3/5

ENTREES

Creole Beef (GF/DF) ♦ 6

Chuck roast, onion, celery, peppers, garlic, Cajun spices, creole seasoning, paprika, garlic powder, oregano, thyme, and tomatoes.

Shrimp and Grits (D) 6

Shrimp, grits, bacon, onion, bell pepper, tomato, and cream.

Vegan Jambalaya (GF/DF/VE) 6

Onion, green peppers, scallions, garlic, tofu, tomatoes, thyme, and rice.

SIDES

Cajun Rice (GF/DF) ▼♦ 1

Maque Choux (GF/D) 1

Steamed Corn 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

Mixed Fruit 2



Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Friday, January 16, 2025

SOUPS

Manhattan Clam Chowder (GF/D) ♦↓ 3/5

Curried Lentil and Apricot (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.

Herb Baked Sole (GF/D) ♦ 6

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

Vegan Stuffed Delicata Squash (GF/DF/OF/VE) ↓ 6

Squash, navy bean, carrot, leek, bay leaf, thyme, spinach, tomatoes, onion, garlic, basil, and thyme.

SIDES

Almond Rice Pilaf (GF/DF/Nuts) ▼↓ 1

Roasted Broccoli (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

Marionberry Pie (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: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Saturday, January 17, 2025

SOUPS

Chicken and Wild Rice (D) 3/5

Roasted Tomato (GF/DF/OF/VE) ♦↓ 3/5

ENTREES

Creamy Tuscan Chicken (GF/D) ♦ 6

Chicken breasts, garlic, rosemary, vinegar, olive oil, butter, tomatoes, and shallots.

Lamb Puttanesca (GF/DF/A) ♦ 6

Onion, lamb, garlic, tomato, white wine, tomatoes, capers, anchovy, olives, red pepper flakes, oregano, and basil.

Vegan Chickpea Puttanesca (GF/DF/OF/VE/A) ↓ 6

Red onions, garlic, eggplant, red peppers, chickpeas, tomatoes, thyme, oregano, red wine, capers, olives, and basil.

SIDES

Penne (DF) or Chickpea Penne (GF/DF) 1

Green Beans with Fondued Tomatoes (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

Marionberry Pie (D) 3

Mixed Fruit 2