



Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Monday, January 19, 2025

SOUPS

Lentil and Spanish Chorizo (GF/DF) ♦ 3/5

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

ENTREES

Pork Piccata (D) ♦ 6

Pork loin, egg, flour, parmesan, lemon, and capers.

Shrimp Scampi (GF/D/A) 6

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

Cauliflower Steaks with Lemon Caper Sauce (GF/DF/OF/VE) 6

Cauliflower, dill, capers, shallots and lemon.

SIDES

Penne Pasta (DF) or Gluten-Free Penne Pasta (GF/DF) 1

Roasted Brussels Sprouts (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

French Fries or Sweet Potato Fries 1

DESSERTS

Lemonade Layer Cake (D) 3

Mixed Fruit 2



Dinner Specials ~ Tuesday, January 20, 2025

SOUPS

Beef and Vegetable (GF/DF) 3/5

Asparagus and Edamame (GF/DF/OF/VE) ♦↓ 3/5

ENTREES

Chicken Pastitsio (D/A) 6

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

Apple Cider Braised Beef (GF/DF) 6

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

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

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

SIDES

Garlic Roasted Potatoes (GF/DF/OF/VE) ↓ 1

Creamed Peas (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

French Fries or Sweet Potato Fries 1

DESSERTS

Lemonade Layer Cake (D) 3

Mixed Fruit 2



Dinner Specials ~ Wednesday, January 21, 2025

SOUPS

Broccoli and Cheddar (D) 3/5

Black-Eyed Pea (GF/DF/OF/VE) ♦↓ 3/5

ENTREES

Asian BBQ Glazed Chicken Thighs (GF/DF/A) 6

Chicken legs, molasses, ketchup, five spice, sesame oil, ginger, sherry, hoisin, and apricot puree.

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

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

Bourbon Roasted Tofu (GF/DF/OF/VE/A) 6

Tofu, whiskey, mustard, brown sugar, sriracha, onion, and apple.

SIDES

Jasmine Rice (GF/DF/OF/VE) ▼↓1

Cold Asian Green Bean Salad (GF/DF/VE) ♦▼ 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 Cheesecake (D) 3

Mixed Fruit 2



Dinner Specials ~ Thursday, January 22, 2025

SOUPS

Chicken Orzo (D) 3/5

Creamy Chickpea (GF/DF/OF/VE) 3/5

ENTREES

Chicken Thigh Cacciatore (D) 6

Chicken thighs, flour, onions, green peppers, garlic, mushrooms, tomatoes, thyme, oregano, red pepper flakes, and basil.

Balsamic Basil Marinated Flank Steak (GF/DF) 6

Flank steak, balsamic, and basil.

Balsamic Grilled Portobello Mushroom (GF/DF/OF/VE) 6

Portobello, green onions, cornstarch, balsamic vinegar, vegan Worcestershire, brown sugar, rosemary, garlic, and black pepper.

SIDES

Boursin Mashed Potatoes (GF/D) 1

Herb Roasted Nightshades (GF/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

Chocolate Peanut Butter Cake (D/Nuts) 3

Mixed Fruit 2



Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Friday, January 23, 2025

SOUPS

Shrimp and Corn Chowder (D) 3/5

Three Bean (GF/DF/OF/VE) ↓ 3/5

ENTREES

Thai Shrimp Curry (GF/DF) 6

Lemongrass, cilantro, lime, coconut milk, tomatoes, garlic, ginger, shallots, curry, and shrimp.

Beef Curry (GF/DF) 6

Beef, onions, tomatoes, coconut milk and cilantro.

Grilled Vegetables and Tofu Coconut Curry (GF/DF/OF/VE/A) ♦▼ 6

Assorted vegetables, shallots, tofu, wine, coconut milk, and nutritional yeast.

SIDES

Turmeric Rice Pilaf (GF/DF) ↓ 1

Orange and Tahini Glazed Carrots (GF/DF/VE) ▼ 1

Steamed Parsnips 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

Cherry 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 24, 2025

SOUPS

Tomato Florentine with Pasta (D) ♦↓ 3/5

Creamy Carrot and Coriander (GF/DF/OF/VE) 3/5

ENTREES

Lamb Moussaka (D) ♦ 6

A layered casserole of eggplant, lamb, tomatoes, and bechamel sauce.

Sole Oreganata (GF/D) ♦↓ 6

Sole, sauteed onions, basil, and oregano.

Vegan Moussaka (GF/DF/OF/VE) 6

Lentils, tomato sauce, oregano, eggplant, vegan bechamel and Rice-Chex.

SIDES

Garlic and Herb Quinoa (GF/DF) 1

Stewed 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

Cherry Pie (D) 3

Mixed Fruit 2