



Lunch	Soup	Entrée	Dessert
Week: 8/30-9/5 Open 11AM - 2PM			
Sunday	Chef's Choice	Ham Tetrizzini ~ Vegan Mushroom Tetrizzini	Chef's Choice
Monday	Potato & Ham ~ Tuscan Vegetable	Chicken Parmesan Sandwich ~ Eggplant Parmesan Sandwich	Lemon Cranberry Muffin
Tuesday	Turkey Noodle ~ Vegetable Barley	Kalua Pork Tacos ~ Kalua Jackfruit Tacos (both served with Macaroni Salad)	Chocolate Sheet Cake
Wednesday	White Bean & Italian Sausage ~ Wild Mushroom	Salmon Cakes w/ Creamy Dill Sauce ~ Artichoke & Chickpea Cake w/ Vegan Remoulade (both served with Old Bay Slaw)	Triple Berry Bar
Thursday	Beer & Cheese ~ Summer Vegetable	Chicken Fiesta Casserole ~ Soy Curl Fiesta Casserole	Brookie Bar
Friday	New England Clam Chowder ~ Golden Potato	Grilled Chicken Nicoise Salad ~ Marinated Chickpea Nicoise Salad	Nanaimo Bar
Saturday	Chicken Wild Rice ~ Tomato Dill	Beer & Onion Braised Bratwurst w/ Mustard and Sauerkraut ~ Field Roast Sausages w/ Mustard and Sauerkraut	Caramel Pecan Bar
Salads and Soups	• Garden • Caesar • Crunchy • Cottage Cheese • Fruit • • Tomato or Chicken Noodle Soup •		
Sandwiches	• PB Sandwich • Tuna Salad • Egg Salad • Turkey Sandwich • Ham Sandwich • Grilled Cheese • - Reuben • Hamburger • Hot Dog • Veggie Burger •		
Alt Dessert	• Ice Cream • Sugar Free Ice Cream • Sorbet • Sugar Free Dessert • Gelatin • Sugar Free Gelatin •		



Dinner	Entrée 1	Entrée 2	Vegetarian Entrée	Starch	Vegetable	Steamed Vegetable	Dessert
Week:	8/30-9/5 Open 4PM - 6PM						
Sunday	Pollo Asado	Carne Asada	Soy Curl Asado	Arroz Amarillo	Elotes, Deconstructed	Green Beans	Chef's Choice
Monday	Beef Medallions w/ Mushroom Sauce	Lemon & Rosemary Roasted Shrimp	Vegetable Pot Pie	Hazelnut Rice Pilaf	Asparagus w/ Toasted Hazelnuts & Lemon Zest	Swiss Chard	Blueberry Pie
Tuesday	Jamaican Chicken	Coconut Braised Pork Roast	Tempeh & Vegetable Skewers	Garlic & Herb Brown Rice/Quinoa	Spinach Callaloo	Asparagus	Blueberry Pie
Wednesday	Bangers & Mash w/ Onion Gravy	Butter Crumb Cod	Mushroom Nut Loaf w/ Vegan Mushroom Gravy	Mashed Potatoes	Glazed Rainbow Carrots	Peas	Layered Strawberry Shortcake
Thursday	Dijon & Herb Braised Chicken Thighs	Beef & Italian Sausage Lasagna	Vegan Mushroom Ragu w/ GF Chickpea Penne	Creamy Polenta	Herb Roasted Nightshades	Brussels Sprouts	Layered Strawberry Shortcake
Friday	Spanish Chicken	Mediterranean Seafood Ragout	Spanish Pisto w/ Chickpeas	Orange Rice Pilaf	Tomato Braised Cauliflower	Broccoli	Banana Cream Pie
Saturday	Pork Loin w/ Apricot & Rosemary Glaze	Paprika Baked Salmon	Spinach & Walnut Stuffed Portobellos	French Onion Mashed Potatoes	Roasted Brussels Sprouts	Cauliflower	Banana Cream Pie
Salad/Soup	• Soup du Jour • Garden • Crunchy • Caesar Salad • Cottage Cheese • Fruit •						
Alt Dinner Entrée	• Hamburger • Hot Dog • Tuna Salad • Egg Salad • Grilled Chicken Breast • Veggie Burger •						
Alt Sides	• Baked Russet Potato • Baked Sweet Potato • Steamed Spinach • Steamed Carrots • Brown Rice • French Fries						
Alt Desserts	• Ice Cream • Sugar Free Ice Cream • Sorbet • Sugar Free Dessert • Gelatin • Sugar Free Gelatin •						



At The Neighborhoods

Week: 8/30-9/5

Open 11AM - 2PM

Lunch	Soup	Entrée	Dessert
Sunday	Chef's Choice	Ham Tetrizzini ~ Vegan Mushroom Tetrizzini	Chef's Choice
Monday	Potato & Ham	Chicken Parmesan Sandwich ~ Eggplant Parmesan Sandwich	Lemon Cranberry Muffin
Tuesday	Turkey Noodle	Kalua Pork Tacos ~ Kalua Jackfruit Tacos (both served with Macaroni Salad)	Ice Cream Treat of the Day
Wednesday	White Bean & Italian Sausage	Salmon Cakes w/ Creamy Dill Sauce ~ Artichoke & Chickpea Cake w/ Vegan Remoulade (both served with Old Bay Slaw)	Triple Berry Bar
Thursday	Beer & Cheese	Chicken Fiesta Casserole ~ Soy Curl Fiesta Casserole	Chef's Choice
Friday	New England Clam Chowder	Grilled Chicken Nicoise Salad ~ Marinated Chickpea Nicoise Salad	Milkshakes
Saturday	Chicken Wild Rice	Beer & Onion Braised Bratwurst w/ Mustard and Sauerkraut ~ Field Roast Sausages w/ Mustard and Sauerkraut	Caramel Pecan Bar
Entree Salads and Soups	• Garden • Caesar • Crunchy • Cottage Cheese • Fruit • • Tomato or Chicken Noodle Soup •		
Sandwiches	• PB Sandwich • Tuna Salad • Egg Salad • Turkey Sandwich • Ham Sandwich • Grilled Cheese • - Reuben • Hamburger • Hot Dog • Veggie Burger • Gardein Chick'n •		
Alt Dessert	• Ice Cream • Sugar Free Ice Cream • Sorbet • Sugar Free Dessert • Gelatin • Sugar Free Gelatin •		

