

February 19th - 25th

Sunday Brunch

Appetizers

Tossed Green Salad

Entrées

(served with your choice of two sides)

Eggs Benedict

Banana Bread French Toast

Roast Turkey with Gravy

Contains: Gluten & Dairy

Pork Tenderloin with a Mustard Cream Sauce

Contains: Dairy

♥ **Roasted Red Pepper, Spinach & Feta Quiche**

Contains: Dairy & Gluten

Desserts

Chef's Choice

Monday Selections

Appetizers

Romaine with Red Onions & Olives

Black Bean Soup

Contains: Garlic

Garnish Contains Dairy

Entrées

Roast Sirloin with Savory Beef Gravy

Contains: Gluten & Dairy

♥ **Roasted Chicken with Citrus Sauce**

Winter Squash Stew Topped with Gremolata

Garnish Contains Garlic

Vegetable & Starch du Jour

Roasted Cauliflower with Dijon Vinaigrette

Baked Potato

Tuesday Selections

Appetizers

Smoked Salmon Dip

Chicken Noodle Soup

Contains: Garlic & Gluten

Entrées

Quiche Lorraine

Contains: Dairy, Gluten & Low Salt

Chicken Picatta

Contains: Gluten

♥ **Peanut Noodles with Bok Choy**

Contains: Nuts & Gluten

Vegetable & Starch du Jour

Maple Glazed Acorn Squash

Wild Rice Pilaf

Wednesday Selections

Appetizers

Mixed Greens with Cashews & Oranges

Roasted Parsnip Soup

Contains: Dairy

Entrées

Fish du Jour

Beef Stroganoff

Contains: Dairy & Gluten

♥ **Bean & Kale Burger**

Contains: Dairy & Nuts

Vegetable & Starch du Jour

Peas & Pearl Onions

Egg Noodles

Thursday Selections

Appetizers

Mixed Greens with Apples, Vermont Cheddar & Red Onions

Minestrone Soup

Contains: Garlic

Vegetarian

Entrées

Meatballs with Marinara Sauce

Contains: Gluten, Garlic, Dairy & Parmesan

Rosemary Rubbed Pork Roast with Wake Robin Apple Sauce

♥ Tofu Parmesan

Contains: Garlic, Gluten, Parmesan & Dairy

Vegetable & Starch du Jour

Seasonal Vegetables

Spaghetti

Friday Selections

Appetizers

Bacon, Iceberg Lettuce & Tomato Salad

New England Clam Chowder

Contains: Dairy & Low Salt

Entrées

Veal Marsala

Contains: Dairy & Gluten

Fish Du Jour

♥ Greek Stuffed Pepper

Contains: Dairy, Gluten, Garlic & Nuts

Vegetable & Starch du Jour

Sautéed Greens

Rice Pilaf

Saturday Selections

Appetizers

**Mixed Greens with Walnuts, Cranberries & Blue Cheese
Crumbles**

Cream of Broccoli Soup

Contains: Dairy

Vegetarian

Entrées

Lamb Stew with Apricots, Ginger & Cinnamon

Contains: Garlic & Gluten

Italian Sausage with Peppers & Onions

♥ Vegetarian Shepherd's Pie

Contains: Garlic, Gluten & Dairy

Vegetable & Starch du Jour

Mashed Winter Squash

Potato Gratin