

Weekly Menu

March 2nd – March 8th, 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|--|---|--|
| <p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g</i></p> <p>-----</p> <p>Cream of Asparagus Soup <i>40cal 3g sugar</i></p> | <p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g</i></p> <p>-----</p> <p>Lentil and Vegetable Soup <i>340cal 3g</i></p> <p>-----</p> | <p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g</i></p> <p>-----</p> <p>Broccoli & Cheddar Soup <i>70cal 2g sugar</i></p> | <p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g</i></p> <p>-----</p> <p>Beef Vegetable Soup <i>70cal 2g</i></p> | <p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g</i></p> <p>-----</p> <p>Tuscan White Bean & Kale Soup <i>60cal 1g</i></p> | <p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g</i></p> <p>-----</p> <p>Chicken Vegetable Barley Soup <i>70cal 2g sugar</i></p> | <p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g</i></p> <p>-----</p> <p>Cream of Mushroom Soup <i>120cal 4g sugar</i></p> |
| <p><u>LUNCH</u></p> <p>Seafood Vegetable Lasagna, Garlic Bread <i>430cal 4g sugar</i></p> <p>OR</p> <p>Chicken Chefs Salad <i>610cal 1g sugar</i></p> | <p><u>LUNCH</u></p> <p>Turkey BLT Wrap with Fries <i>700cal 2g sugar</i></p> <p>OR</p> <p>Salmon and Spinach Frittata, Hashbrown, Herbed Tomatoes <i>390cal 2g sugar</i></p> | <p><u>LUNCH</u></p> <p>Monte Cristo Sandwich, Sweet Potato Fries <i>500cal 9g sugar</i></p> <p>OR</p> <p>Mushroom Beef Stew, Soft Bun <i>290cal 4g sugar</i></p> | <p><u>LUNCH</u></p> <p>Grilled Honey Dijon Chicken, Pear & Pecan Salad <i>460cal 32g sugar</i></p> <p>OR</p> <p>Bangers & Mash, Beans & Peas <i>500cal 9g</i></p> | <p><u>LUNCH</u></p> <p>Mushroom Swiss Turkey Burger, Curly Fries <i>490cal 5g sugar</i></p> <p>OR</p> <p>Lemon Herb Halibut, Garden Salad <i>130cal 1g sugar</i></p> | <p><u>LUNCH</u></p> <p>Pulled Pork Quesadilla, Sour Cream, Mexican Rice <i>760cal 5g sugar</i></p> <p>OR</p> <p>Grilled Chicken, Greek Salad <i>120cal 0g sugar</i></p> | <p><u>LUNCH</u></p> <p>Beef & Cabbage Casserole <i>180cal 3g sugar</i></p> <p>OR</p> <p>Chicken Parmesan Panini <i>580cal 5g sugar</i></p> |
| <p><u>DESSERT</u></p> <p>Strawberry Lemonade Poke Cake <i>230cal 24g sugar</i></p> | <p><u>DESSERT</u></p> <p>Vanilla Tea Biscuit with Warm Peaches <i>220cal 10g sugar</i></p> | <p><u>DESSERT</u></p> <p>Chocolate Peanut Butter Brownie <i>210cal 22g sugar</i></p> | <p><u>DESSERT</u></p> <p>Lemon Blueberry Yogurt Parfait <i>100cal 13g sugar</i></p> | <p><u>DESSERT</u></p> <p>Fruit Strudel <i>470cal 30g sugar</i></p> | <p><u>DESSERT</u></p> <p>Coconut Cream Pudding with Pineapple <i>290cal 24g sugar</i></p> | <p><u>DESSERT</u></p> <p>Cinnamon Streusel Coffee Cake <i>480cal 34g sugar</i></p> |

Soup, Greens Salad or Caesar Salad Available with Lunch and Dinner, Followed by In House Made Dessert

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|---|--|---|--|--|---|---|
| <p>DINNER Beef & Broccoli, Black Bean Sauce <i>180cal 3g sugar</i> </p> <p>OR</p> <p>Sweet & Sour Pork <i>310cal 19g sugar</i></p> | <p>DINNER Seared Steelhead Trout, Garlic Butter Sauce <i>170cal 0g sugar</i> </p> <p>OR</p> <p>Mediterranean Chicken Thigh, Tomato Bruschetta <i>290cal 5g</i></p> | <p>DINNER Lamb Kebob, Tzatziki Sauce, Pita Bread <i>350cal 3g sugar</i> </p> <p>OR</p> <p>Pork Tenderloin Oscar, Shrimp Asparagus, Bearnaise Sauce <i>370cal 1g sugar</i>  </p> | <p>DINNER Spaghetti & Meatballs, Tomato Sauce, Garlic Bread <i>290cal 9g sugar</i> </p> <p>OR</p> <p>Lemon Herb Sole Fillet <i>210cal 2g sugar</i> </p> | <p>DINNER Beef Liver, Bacon & Onions <i>270cal 0g sugar</i></p> <p>OR</p> <p>Fish & Chips Tartar Sauce, Coleslaw <i>470cal 9g sugar</i>  </p> | <p>DINNER Linguine Vongole, Garlic Bread <i>610cal 2g sugar</i> </p> <p>OR</p> <p>Chicken Kiev <i>270cal 3g sugar</i> </p> | <p>DINNER Roast Turkey, Sage Gravy <i>760cal 0g sugar</i></p> <p>OR</p> <p>Pork Schnitzel, White Mushroom Gravy <i>490cal 2g sugar</i> </p> |
| <p>DESSERT Cherry Almond Ricotta Cake <i>320cal 3g sugar</i>   </p> | <p>DESSERT Strawberry Flan <i>330cal 35g sugar</i> </p> | <p>DESSERT Vanilla Cake <i>450cal 51g sugar</i>  </p> | <p>DESSERT Very Berry Bread Pudding <i>500cal 27g sugar</i>  </p> | <p>DESSERT Chiffon Cake with Strawberries and Cream <i>440cal 30g sugar</i>  </p> | <p>DESSERT Neapolitan Cheesecake <i>350cal 21g sugar</i>  </p> | <p>DESSERT Lemon Meringue Pie <i>290cal 35g sugar</i>  </p> |

Soup, Greens Salad or Caesar Salad Available with Lunch and Dinner, Followed by In House Made Dessert

Feature Potato: Smashed Potato
Menu Subject to Change

ALLERGENS

