

# *Lunch Menu September 1 thru 11, 2010*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sugar Free desserts are available upon request. <b>*HEART HEALTHY ENTRÉE</b> – lower in fat, salt, and cholesterol <i>Chef Special Soup will be served each day at lunch.</i> <u>See the menu board outside the dining room for the featured selection.</u>	<b>Featuring Sandwiches</b> <b>Ham and Cheese</b> <b>Turkey and Cheese</b> <b>Bologna and Cheese</b> <b>Egg Salad</b> <b>Italian Hoagie</b>	Sugar Free desserts are available upon request.  <i>Chocolate Cake</i> <i>Cheese Cake</i> <i>Cookies</i> <i>Brownies</i> <i>Mousse</i>	<b>Chefs Special Soup</b> <sup>1</sup>  <b>*Penne Pasta with Chicken, tomatoes, onions and goat cheese</b> <b>Roast Beef Sandwich au jus</b> <b>Broccoli &amp; Tomato Salad</b>	<b>Chefs Special Soup</b> <sup>2</sup>  <b>*Spaghetti with Chicken meatballs in a tomato sauce</b> <b>Italian Hoagie with Chips</b> <b>Wilted Spinach</b>	<b>Chefs Special Soup</b> <sup>3</sup>  <b>*Tortilla Casserole with roasted turkey</b> <b>Chicken Fried Steak</b> <b>Southern Style Cabbage</b> <b>Parmesan Smashed Potatoes</b>	<b>Chefs Special Soup</b> <sup>4</sup>  <b>*Turkey Meat Loaf with light gravy</b> <b>Texas style Chili with cornbread</b> <b>Pan Seared Broccoli</b> <b>Mashed Potatoes</b>
<b>Chefs Special Soup</b> <sup>5</sup>  <b>Soup, Sandwiches &amp; Salad</b>	<b>Chefs Special Soup</b> <sup>6</sup>  <b>*Grilled Salmon with lime butter sauce</b> <b>Brown Rice Pilaf</b> <b>Hot Ham &amp; Cheese on Rye</b> <b>Vegetable Salad</b> <b>Pickle Spear</b>	<b>Chefs Special Soup</b> <sup>7</sup>  <b>Meat Lasagna</b> <b>Wilted Spinach in Garlic and olive oil</b> <b>*Lemon Roasted Chicken Breasts</b> <b>Rice Pilaf</b>	<b>Chefs Special Soup</b> <sup>8</sup>  <b>*Curried Chicken Salad In a Pita Pocket</b> <b>Burger &amp; French Fries</b> <b>Traditional Cole Slaw</b>	<b>Chefs Special Soup</b> <sup>9</sup>  <b>*Seafood Chowder Manhattan Style</b> <b>Beef Brisket with Italian Herbs</b> <b>Pesto Potatoes</b>	<b>Chefs Special Soup</b> <sup>10</sup>  <b>*Grilled Chicken Asian Salad with Mandarin oranges with Sesame Ginger Dressing</b> <b>Beef Stir-fry</b> <b>Steamed Rice</b>	<b>Chefs Special Soup</b> <sup>11</sup>  <b>*Hot Open faced Turkey Sandwiches</b> <b>Hot Dog in Puff Pastry</b> <b>Broccoli Salad</b>

# *Lunch Menu September 12 Thru 30, 2010*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 Soup, Sandwiches & Salad	13 Chefs Special Soup *Salmon Burgers with tarragon mayonnaise Chopped Veggie Salad Turkey, Bacon Club Sandwich Pickle Spear Chips	14 Chefs Special Soup Fried Chicken Mashed Potatoes Green Beans with Bacon *Flank Steak with Mushrooms Jasmine Rice	15 Chefs Special Soup Virginia Baked Ham Potatoes Gratin *Stuffed Chicken Breast Greens in a fresh lemon Sauce White Rice	16 Chefs Special Soup * Tuna Salad Stuffed Pita Pockets Steak Caesar Salad with Cheese Toast Dilly Carrot Slaw	17 Chefs Special Soup *Tilapia with Sesame and Orange-Ginger Relish Jasmine Rice *Grilled Chicken Pesto Roasted Potatoes Sautéed Spinach with Caramelized Onion	18 Chefs Special Soup *Tuna Sandwich on Multi Grain Bread Three Mustard Potato Salad German Sausages cooked in Beer
19 Soup, Sandwiches & Salad	20 Chefs Special Soup *Pan Seared Pollack Filets with Lemon confit Confetti Couscous BBQ Chicken Roasted Sweet Potatoes Baby Peas	21 Chefs Special Soup *Roasted Lemon Pepper Chicken with a Blue Cheese, Cranberry & Basil Grits Shrimp Scampi over Linguine Sautéed Green Beans	22 Chefs Special Soup *Chicken Primavera Basil Garlic Mashed Potato Steamed Green Beans Ruben on Rye Pickle and chips	23 Chefs Special Soup Steak n cheese Hoagie Potato Salad *Chicken Tacos Broccoli & Carrot Salad Pickle	24 Chefs Special Soup *Tuna melt on rye bread Marinated Vegetables Mexican Shepherd's Pie Layers of seasoned ground beef, black beans, roasted peppers, cheddar cheese Sugar snap peas	25 Chefs Special Soup *Irish Stew Potatoes Colcannon Hot Dogs Macaroni & cheese Brussel Sprouts
26 Soup, Sandwiches & Salad	27 Chefs Special Soup Hearty meatball sub *Chicken Kabobs Waldorf Salad Jasmine rice	28 Chefs Special Soup Fettucine with chicken, arugula, roasted tomatoes and feta * Shrimp Rice Bowl with stir fry veggies Green Beans	29 Chefs Special Soup Lime scented Shrimp with garlic butter sauce Confetti Rice Pilaf *Chicken with Tomato Basil Linguini Asparagus	30 Chefs Special Soup *Poached Salmon filet with a dill sauce Jasmine Rice Meatloaf Sandwiches Macaroni Salad Mixed Vegetables		

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<p><b>*HEART HEALTHY ENTRÉE</b> – lower in fat, salt, and cholesterol  <b><i>Chef Special Soup will be served each day at lunch.</i></b>  <b><i>See the menu board outside the dining room for the featured selection</i></b></p>	<p>Featuring Sandwiches            Ham and Cheese            Turkey and Cheese            Bologna and Cheese            Egg Salad            Italian Hoagie</p>	<p>Sugar Free desserts are available upon request.</p> <p><i>Chocolate Cake</i>  <i>Cheese Cake</i>  <i>Cookies</i>  <i>Brownies</i>  <i>Mousse</i></p>	<p><b>1</b>            Chefs Special Salad</p> <p><b>*Grilled Salmon bulgogi with Bok Choy and Mushrooms</b>  <b>Jasmine Rice</b>  <b>Roasted Pork Chops and Cabbage</b>  <b>Zucchini</b></p>	<p><b>2</b>            Chefs Special Salad</p> <p><b>Short Ribs</b>  <b>Fried Potatoes</b>  <b>Apple Cabbage Slaw</b>  <b>*Tilapia Japanese Style</b>  <b>Julienne Vegetable</b>  <b>Medley</b>  <b>Jasmine Rice</b></p>	<p><b>3</b>            Chefs Special Salad</p> <p><b>*Grilled Chicken Breast Sandwich</b>  <b>Vegetable Salad</b>  <b>Sirloin Tips in Red Wine</b>  <b>Garlic Roasted Potatoes</b>  <b>Asparagus</b></p>	<p><b>4</b>            Chefs Special Salad</p> <p><b>Coq Au Vin</b>  <b>Buttered Boiled Red Bliss Potatoes</b>  <b>*Pan Seared Rockfish Filets</b>  <b>Red Rice Medley</b>  <b>Broccoli Rabe</b></p>
<p><b>5</b>            Chefs Special Salad</p> <p><b>*Barbeque Shrimp</b>  <b>Sliced Roast Beef</b>  <b>Grilled Vegetables</b>  <b>Warm Potato Salad</b>  <b>Jasmine rice</b>  <b>Asparagus Tips</b></p>	<p><b>6</b>            Chefs Special</p> <p><b>Chicken Chimichanga</b>  <b>Mexican rice</b>  <b>Refried Beans</b>  <b>Salad</b>  <b>*Lean Beef Tacos</b></p>	<p><b>7</b>            Chefs Special Salad</p> <p><b>*Grilled Chicken Asian Salad with Mandarin oranges with Sesame Ginger Dressing</b>  <b>Beef Stir-fry</b>  <b>Steamed Rice</b>  <b>Broccoli</b></p>	<p><b>8</b>            Chefs Special Salad</p> <p><b>Shrimp Macaroni and Cheese with Chopped Parsley</b>  <b>*Chicken Piccata</b>  <b>Jasmine Rice</b>  <b>Sautéed Medley of Vegetables</b></p>	<p><b>9</b>            Chefs Special Salad</p> <p><b>*Seared Tilapia with Light Caper Sauce</b>  <b>Linguine</b>  <b>Minute Steaks with Mushroom Gravy</b>  <b>Baked Potatoes</b>  <b>Green Beans</b></p>	<p><b>10</b>            Chefs Special Salad</p> <p><b>Country Fried Steak with Sausage Gravy</b>  <b>Portobello Mushrooms</b>  <b>*Lemon Ginger Fish</b>  <b>Garlic Mashed Potatoes</b>  <b>Brussel Sprouts</b></p>	<p><b>11</b>            Chefs Special Salad</p> <p><b>Pork Loin Milanese</b>  <b>Creamy Linguine with chopped parsley</b>  <b>*Chicken Tacos</b>  <b>Vinegar Slaw</b>  <b>Rainbow Swiss Chard with Onions</b></p>

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<p>12</p> <p><b>Chefs Special Salad</b></p> <p><b>*Tilapia Japanese Style Julienne Vegetable Medley</b>  <b>Jasmine Rice</b>  <b>Rosemary and Thyme Roasted Pork Loin with Turnips and Granny Smith apples</b></p>	<p>13</p> <p><b>Chefs Special Salad</b></p> <p><b>Stuffed Flank Steak Saffron Rice</b>  <b>*Grilled Chicken Breast Sandwich</b>  <b>Broccoli, Carrot &amp; Raisin Slaw</b></p>	<p>14</p> <p><b>Chefs Special Salad</b></p> <p><b>*Chicken Paella</b>  <b>Catch of the Day with a Mango-Cilantro Crème</b>  <b>Lime Scented Asparagus</b>  <b>Garlic Potatoes</b></p>	<p>15</p> <p><b>Chefs Special Salad</b></p> <p><b>*Seafood Kabobs with vegetables</b>  <b>Lemon Rice</b>  <b>Sausage Stuffed Peppers</b>  <b>Creamy Sage Grits</b>  <b>Corn</b></p>	<p>16</p> <p><b>Chefs Special Salad</b></p> <p><b>Sloppy Joes</b>  <b>*Lemon-Rosemary Chicken</b>  <b>Roasted Potatoes</b>  <b>Dilled Carrots</b></p>	<p>17</p> <p><b>Chefs Special Soup</b></p> <p><b>*Thin Crust 4Cheese Pizza</b>  <b>Chicken Piccata</b>  <b>Jasmine Rice</b>  <b>Sautéed Medley of Vegetables</b></p>	<p>18</p> <p><b>Chefs Special Salad</b></p> <p><b>*New England Brisket with Boiled Potatoes</b>  <b>Hamburger</b>  <b>Macaroni Salad</b>  <b>Corn &amp; Carrots</b></p>
<p>19</p> <p><b>Chefs Special Salad</b></p> <p><b>Leg of Lamb with mint</b>  <b>*Strip Steaks with Wild Mushroom &amp; Herb roasted potatoes</b>  <b>Fresh Asparagus tips</b></p>	<p>20</p> <p><b>Chefs Special Salad</b></p> <p><b>Breaded Pork Chops in a tarragon crème</b>  <b>Roasted Sweet Potatoes</b>  <b>* Seared Chicken Thighs with Thai Vegetables</b>  <b>Jasmine Rice</b>  <b>Baby Ginger Carrots</b></p>	<p>21</p> <p><b>Chefs Special Salad</b></p> <p><b>BBQ Beef brisket</b>  <b>Loaded Baked Potatoes</b>  <b>*Pork Milanese with Pasta</b>  <b>Dilly Carrot Slaw</b>  <b>Broccoli</b></p>	<p>22</p> <p><b>Chefs Special Salad</b></p> <p><b>* Strip Steaks Asian Style</b>  <b>Seafood Kabobs</b>  <b>Jasmine Rice</b>  <b>Asparagus</b></p>	<p>23</p> <p><b>Chefs Special Salad</b></p> <p><b>*Linguini with an artichoke sauce finished with fresh tomatoes</b>  <b>Grilled Chicken Breast</b>  <b>Sandwich w/ Rosemary</b>  <b>Garlic Mayo</b>  <b>Fries</b></p>	<p>24</p> <p><b>Chefs Special Salad</b></p> <p><b>Baked Ham Alfredo with vegetables</b>  <b>Buttered Egg Noodles</b>  <b>*Chicken with Spinach, tomatoes &amp; Onions</b>  <b>Yellow Squash</b></p>	<p>25</p> <p><b>Chefs Special Salad</b>  <b>Shrimp Macaroni and Cheese with Chopped Parsley</b>  <b>*Chicken Stew with Vegetables</b>  <b>White Rice</b>  <b>Collard Greens</b></p>
<p>26</p> <p><b>Chefs Special Salad</b></p> <p><b>Maryland Crab Cakes</b>  <b>*Roasted Leg of Lamb</b>  <b>Creamy Potatoes with Rosemary</b>  <b>Wilted Spinach</b></p>	<p>27</p> <p><b>Chefs Special Salad</b></p> <p><b>*Roasted Salmon Salad with white beans and vegetables</b>  <b>Sirloin Steak on a bed of fresh spinach</b>  <b>Brown Rice Pilaf</b></p>	<p>28</p> <p><b>Chefs Special Salad</b></p> <p><b>*Stuffed Flank Steak / Lemon-Thyme Sauce</b>  <b>Hot Pastrami Sandwiches</b>  <b>Herb scented Couscous</b>  <b>Green Beans with Garlic</b></p>	<p>29</p> <p><b>Chefs Special Salad</b></p> <p><b>*Pot Roast</b>  <b>Mashed Potato Cup</b>  <b>Roasted Root Vegetables</b>  <b>New Orleans Style Pork Stew</b>  <b>Potato Pancakes</b>  <b>Chopped Salad</b></p>	<p>30</p> <p><b>Chefs Special Salad</b></p> <p><b>*Chicken Club on multi grain bread</b>  <b>Creamy Potato Salad</b>  <b>Pepper Steak ginger glaze</b>  <b>Jasmine Rice</b>  <b>Green Beans</b></p>		