

Monday

October 6, 2025



Soups

Clam Chowder

Minestrone **VEG** **DF** **GF**

Entrées

Beef Bolognese **GF**

Roasted Vegetables with Pesto **VEG** **DF**

Breaded Petrale Sole with Lemon Butter **GF**

Sides

Fettuccine **VEG** Garlic Bread **VEG**

Tuesday

October 7, 2025

Soups

Chicken Tortilla **GF** **DF**

House Vegetable **VEG** **DF** **GF**

Entrées

Chicken Tinga **DF** **GF**

Pork Chile Verde **DF** **GF**

Spanish Rice | Frijoles | Fajita vegetables **VEG** **DF** **GF**

Sides

Sour Cream | Shredded Lettuce | Cotija Cheese **VEG**

Wednesday

October 8, 2025

Soups

Chicken Coconut Curry **DF** **GF**

Lentil & Rice **VEG** **DF** **GF**

Entrées

Baked Cod with Chimichurri **DF**

Roasted Chicken Thighs with Chimichurri **DF** **GF**

Chickpea & Vegetables Stew **VEG**

Sides

Cilantro-lime Rice **VEG** **GF** Roasted Carrots **VEG** **DF** **GF**

Thursday

October 9, 2025

Soups

Potato Leek **GF**

Chicken Sausage Gumbo

Entrées

Salisbury Steak with Mushroom Gravy

White bean & Kale stew **VEG** **DF**

Roasted Chicken Leg Quarters **GF**

Sides

Rice Pilaf **VEG** **DF** **GF** Green Beans **VEG** **DF** **GF**

Friday

October 10, 2025

Soups

Vegetable Beef Barley **DF** **GF**

Mediterranean Vegetable **VEG** **DF** **GF**

Entrées

Chicken Teriyaki **DF**

Tofu Teriyaki **VEG** **DF**

Soy-Garlic Glazed Salmon **DF**

Sides

Steamed Rice **VEG** **DF** **GF** Broccoli **VEG** **DF** **GF**

(Cafe)Café Creation (DF)Dairy Free (GF)Gluten Free (Nuts)Contains Nuts
(P)Plant Based (Pork)Contains Pork (Shell)Contains Shellfish (S)Spicy (VEG)Vegetarian