



BREAKFAST

All American Breakfast - egg patty, pancake, pork bacon and syrup

Cinnamon French Toast Sticks - with syrup and an egg patty

English Muffin Sandwich - with Canadian bacon, egg, and cheddar cheese

Oatmeal Choices: Cinnamon Apple, Peach & Almond or Cranberry Orange

Coconut Rice with Mango - Rice cooked in coconut milk topped with mango cubes.

Omelet - with a turkey sausage patty and hash brown

Scrambled Eggs - with roasted red skin potatoes, and cheese

Pancakes - with syrup and a turkey sausage patty

Whole Grain Waffles - with syrup and a turkey sausage patty

LUNCHES SOUPS AND STEWS

Beef & Bean Chili

Beef Mash Stew

Butternut Squash Soup

Cheese stuffed pasta shells - with marinara and cauliflower

Chicken Fajitas

Chicken Quesadilla - with fiesta rice, corn, and refried beans

Lentil Soup

Fiesta Chicken Soup

Spaghetti Marinara

Spaghetti and turkey meatballs

Falafel - Served with Mediterranean rice and green beans

Vegan Tofu Tikki Masala - Tikki Masala sauce & tofu with rice, broccoli, carrots and cauliflower

BEEF

Beef Burgundy - over egg noodles with green beans

Beef Stroganoff - over egg noodles with green beans

Fiesta Beef - with brown rice and corn

Korean Beef - Ground beef over white rice

Pot Roast - with mashed potatoes and carrots

Sliced Roast Beef - mashed potatoes, green beans

CHICKEN

Chicken Alfredo - over fettuccine with broccoli, cauliflower and carrots

Chicken Santa Fe - with roasted red skin potatoes, black beans and corn

Cranberry BBQ Chicken - over brown rice and green beans

Chicken and Noodles - over egg noodles with onions, shredded carrots, celery and peas

Honey Glazed Chicken - over brown rice with green beans

Please note that if the kitchen runs out of certain items, we reserve the right to make meal substitutions.

CHICKEN (continued)

Sweet and Sour Chicken - over noodles with broccoli, cauliflower and carrots

Thai Basil Chicken - Ground chicken over white rice

Chicken Curry - Over white rice with broccoli, cauliflower and carrots

TURKEY

Roast Turkey Dinner - with mashed potatoes, green beans

Swedish Meatballs - over egg noodles with carrots

Turkey Bolognese - over penne with peas

PORK

Pork Loin - with mashed potatoes, brussels sprouts, and cinnamon apples

SEAFOOD

BBQ Salmon - with mashed potatoes and green beans

Salmon Escabeche - Salmon in a tomato, bell pepper, carrot & red onion sauce served with white rice

Flounder with Lemon Sauce - served with mashed potatoes and broccoli, cauliflower and carrots

Herb Butter Cod - with mashed potatoes and carrots

Mustard Salmon - with roasted potatoes and broccoli, cauliflower and carrots

Parmesan Crusted Tilapia - with brown rice and broccoli, cauliflower and carrots

Shrimp Alfredo - over fettuccine with peas

Sweet and Sour Shrimp - over noodles with broccoli, cauliflower and carrots

Tortilla Crusted Tilapia - with brown rice and carrots

VIETNAMESE CHOICES:

Caramelized Pork - With white rice

Vietnamese Chicken Ragu - Chicken stew over white rice

Chicken Pho - With rice noodles, bean sprouts and onions

HALAL CHOICES

Beef and Lamb Gyro - with Mediterranean rice and green beans (Halal)

Chicken Shish Tawook - Yogurt marinated chicken breast with Mediterranean rice & green beans (Halal)

RENAL CHOICES

Cinnamon Apple Oatmeal/Cinnamon French Toast/Egg Burrito/Chicken Fajitas/ Beef Burgundy/Beef Stroganoff/Garlic Lime Chicken/ Chicken & Noodles/ Butter Cod/Pot Roast/ Swedish Meatballs

PUREED CHOICES

BBQ Beef/ Beef Lasagna/ Beef Stew/ Chicken a la King/ Chicken Patty/ Omelet/ French Toast/Salisbury Steak

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Allergy Notes: *Please be aware that our facility prepares foods and uses ingredients in our products that contain nuts, peanuts, tree nuts, soy, milk, egg, and wheat. We are not a gluten free facility.