

# April 2019 Weekly Fresh Menu

S= Single Serving  
T= Twin ~ 2 Servings  
F= Family ~ 5-6 Servings



## Week of April 2<sup>nd</sup>

- Crumb Baked Haddock** (D) (GF) (V) (SS) S 9.99  
(Special Order Dairy Free without Mashed, Wheat Free without Breadcrumbs) T 18.99  
Onions, celery, tomatoes and herbs top a flakey fish, served with lemon caper mashed potatoes and veggie medley. F 36.99
  - Garlic Parmesan Chicken Tenders** (D) (K) S 8.99  
A classic done the healthier "October Kitchen" way. T 16.99  
Chicken tenders coated in garlic Parmesan breading served with cheesy Italian baked beans. F 33.99
  - Lemon Herb Pork Tenderloin** (D) (V) (K) (SS) (WM) S 7.99  
(Special Order Wheat Free and Dairy Free without Pasta Pearls) T 15.99  
Roasted pork tenderloin with a robust marinade served with pasta pearls and baby green beans. F 31.99
  - Spinach and Beef Burritos** (V) S 8.99  
(Special Order Wheat Free Tortillas) T 16.99  
Lean ground beef rolled with spinach, black beans, fajita veggies topped with salsa and Monterey Jack cheese served with red rice. F 33.99
  - Veggie Alfredo Lasagna** (D) (V) (K) (SS) (V) (WM) S 7.99  
Layers of pasta, spinach, carrots, tomatoes, cauliflower, eggplant, onions, herbs, Parmesan and mozzarella cheese. T 15.99  
F 31.99
- SOUP: Creamy Turkey Vegetable Soup** (DF) (D) (GF) (V) (WM) (WF) 5.99  
Loaded with farm stand veggies, turkey broth, white meat turkey and Herbs De Provence.
- SALAD: Spinach Mandarin Salad** 6.99  
Spinach, mandarin oranges, blueberries and Craisins with a poppy seed vinaigrette.
- MUFFINS: Oatmeal Blueberry Muffins ½ dz** 6.99
- DESSERT: Greek Chocolate Lent Cake** 5.99

## Week of April 9<sup>th</sup>

- Buffalo Chicken Mac and Cheese** (D) (GF) S 7.99  
Roasted chicken, whole grain pasta, celery, two cheeses and a dash of Frank's hot sauce; warning-addictive! T 15.99  
F 31.99
  - Chinese Sweet Pepper Steak** (DF) (D) (K) (WF) S 8.99  
Tender flank steak stir fried with colorful bell peppers and onions in a brown sauce with the Chinese flavors we all love, served over basmati rice. T 16.99  
F 33.99
  - Lamb Stew with White Beans** (DF) (D) (V) (SS) (WM) (WF) S 9.99  
Rustic and hearty lamb stew with carrots, onions, plum tomatoes and white beans. T 18.99  
F 36.99
  - Lemon Flounder with Apricot Sauce** S 9.99  
(DF) (GF) (V) (SS) T 16.99  
Cornflake crusted, oven fried fish with a tasty sauce, steamed vegetables and herbed potatoes. F 36.99
  - Vegetable Stuffed Portobello Mushrooms** S 7.99  
(D) (V) (V) T 15.99  
Over filled mushrooms with roasted garden vegetables and mozzarella served with creamy spinach pudding. F 31.99
- SOUP: French Onion Soup** (D) (GF) (V) (SS) 5.99  
Caramelized onions, homemade stock and a splash of balsamic topped with cheesy croutons.
- SALAD: Spring Power Salad** 6.99  
Frissee lettuce, spinach, carrots, goat cheese, edamame and a white wine dijon vinaigrette.
- MUFFINS: Snickerdoodle Muffins ½ dz** 6.99
- DESSERT: Orange Lent Cake** (NEW) 5.99

## Week of April 16<sup>th</sup>

- Haddock Provençal** (DF) (D) (WM) (WF) S 9.99  
A sunny, Mediterranean flavored dish with mild white fish smothered in garlic, tomato, olives and caper sauce. T 18.99  
Served with wild rice pilaf tossed with Swiss chard. F 36.99
  - Meatball-Meatloaf with Spinach and Provolone** S 7.99  
(D) (WF) T 15.99  
Italian meatball-style meatloaf with gravy, served with mashed potatoes and balsamic drizzled baby carrots. F 31.99
  - Pork Goulash** (D) (V) (WM) (Special Order Gluten Free Pasta) S 7.99  
A great comfort food dish with pork, stewed until fork tender with onions, green peppers, tomato and garlic served over fluffy egg noodles. T 15.99  
F 31.99
  - Pulled Turkey Enchiladas** (D) (V) (WF) S 8.99  
Braised, pulled turkey with enchilada sauce stuffed in corn tortillas with black beans, red rice and Monterey Jack cheese. This dish is sure to be a homerun for dinner! T 16.99  
F 33.99
  - Spring Pasta with Asparagus and Peas** (V) (K) (SS) (V) S 7.99  
(Special Order Gluten Free Pasta) T 15.99  
Curly pasta tossed with a creamy lemon sauce, asparagus, green peas and shallots. F 31.99
- SOUP: Carrot Ginger Soup** (D) (V) (SS) (V) (WM) (WF) 5.99  
A colorful soup with a touch of ginger and sweet creamy flavors.
- SALAD: Easter Salad** 6.99  
Artisan greens, carrot, cucumber, radish, hard boiled egg, olives and a lemon Dijon vinaigrette.
- MUFFINS: Zucchini Chocolate Chip Muffins ½ dz** 6.99
- DESSERT: Vanilla Lent Cake** 5.99

## Week of April 23<sup>rd</sup>

- Beef Tips with Madeira** S 8.99  
(D) (GF) (V) (SS) (WM) (WF) (Special Order Dairy Free without Mashed) T 16.99  
Tender beef tips braised with Madeira, fennel, carrots, pearl onions served with herbed mashed potatoes. F 33.99
  - Pork Schnitzel** (D) (V) S 7.99  
Breaded pork cutlets with lemon dill sour cream served with German rice and baby carrots. T 15.99  
F 31.99
  - Shrimp Crepes Florentine** (D) (GF) (V) (K) (SS) (WM) S 9.99  
Spinach, ricotta, rice, shrimp and cheese filled crepes baked under an herbed white sauce served with vegetable medley. T 18.99  
F 36.99
  - Skillet Chicken Pasta** (D) (V) (SS) S 8.99  
(Special Order Gluten Free Pasta) T 16.99  
A pan made ziti dish with bright, Asiago cheese sauce simmered chicken chunks, sundried tomato, lemon and herbs. F 33.99
  - Super Smart Veggie Burrito** (NEW) (D) (V) (SS) (V) S 7.99  
Sautéed yams, greens, red onions, black beans, cumin and chili with charred green salsa topped with Monterey Jack cheese. This meal will be a delight! T 15.99  
F 31.99
- SOUP: Italian Chili Soup** (D) (V) (SS) (WM) 5.99  
Robust with ground beef, pasta, tomato, beans, herbs, spices and mozzarella.
- SALAD: Spring Carrot, Radish and Quinoa Salad** 6.99  
Arugula, mesclun lettuce, carrots, feta cheese, quinoa, fennel, Craisins, radishes, sunflower seeds and an orange honey vinaigrette.
- MUFFINS: Oatmeal Apricot Muffins ½ dz** 6.99
- DESSERT: Orange Cardamom Cake** (NEW) 5.99