

# October 1-22, 2019 Weekly Fresh Menu

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



## Week of October 1<sup>st</sup>

- Butternut Terrine** (D)(GF)(V)(SS)(WF) (Contains Seeds) S 8.99  
A yummy mixture of squash, leeks, apples and whole grains with a Parmesan crust, baked until golden brown and delicious!  
T 16.99  
F 33.99
- Garlic Herb Crusted Pork Sirloin** (DF)(D)(V)(SS)(WM)(WF) S 7.99  
Lean, juicy pork rubbed with orange zest, sage, thyme and rosemary. Served with roasted red bliss potatoes and sautéed broccoli.  
T 15.99  
F 31.99
- Paul's Turkey Bolognese** (V)(K)(SS) S 7.99  
(Special Order Gluten Free Pasta)  
Served over whole wheat pasta this rustic, hearty dish is Chef Paul's go to recipe for healthy, meaty sauce.  
T 15.99  
F 31.99
- Polish Poached Meatballs** (DF)(D)(GF)(V)(SS)(WM) S 8.99  
Veal and chicken meatballs poached in a robust broth served over fluffy mashed potatoes, mushrooms and peas.  
T 16.99  
F 33.99
- Smokey Bacon Glazed Salmon** (D)(SS)(WF) S 9.99  
(Special Order Dairy Free without Rice Pilaf)  
Delicate salmon fillets glazed with smokey bacon, garlic sauce perfect for these fall nights. Served with baby green beans and mushroom, ranch rice pilaf.  
T 18.99  
F 36.99

**SOUP: Beef Barley Soup** (DF)(D)(GF)(V)(K)(SS) 5.99  
A robust soup that is perfect for these chilly nights.

**SALAD: Spinach Crunch Salad** 6.99  
Spinach, tomatoes, chickpeas, carrots, red peppers and a honey balsamic vinaigrette.

**MUFFINS: Whole Wheat Applesauce Muffins ½ dz** 6.99

**DESSERT: Blueberry Cake** (NEW) 5.99

## Week of October 8<sup>th</sup>

- Creamy Chicken, Ham, Leek and Noodle Casserole** (D)(GF)(V)(SS)(WM) S 7.99  
A hearty noodle casserole with chicken, ham, leeks, peas and cheese with a crumbly top.  
T 15.99  
F 31.99
- Flounder with Parmesan Crumbs** (D)(K) S 9.99  
(Special Order Dairy Free without Cheese)  
Breadcrumbs and Parmesan cheese create a buttery, crispy crust for this flakey, white fish fillet served over asparagus rice pilaf.  
T 18.99  
F 36.99
- Grilled Skirt Steak** (DF)(D)(V)(WF) S 9.99  
We marinate our skirt steak with lime, garlic and soy until it is tender and delicious! Served over roasted sweet potatoes, sautéed corn and garden veggies.  
T 18.99  
F 36.99
- Roasted Fall Vegetable Gnocchi with Balsamic Reduction** (D)(GF)(V)(SS)(V) S 7.99  
An assortment of roasted veggies, gnocchi and a drizzle of balsamic reduction makes a delicious meatless meal.  
T 15.99  
F 31.99
- Russian Pork Stroganoff with Dill** (D)(GF)(V)(SS)(WM)(WF) S 8.99  
We've made healthy substitutions for a reduced fat version with pork and just a hint of dill and steamed potatoes.  
T 16.99  
F 33.99

**SOUP: Split Pea Soup** (DF)(D)(V)(SS)(WF) 5.99  
Made with hambone for rich flavor and texture that is perfect for the cool weather.

**SALAD: Dark and Leafy Salad** 6.99  
Arcadian lettuce, chickpeas, tomatoes, kale, shaved Parmesan cheese and a honey, lemon vinaigrette.

**MUFFINS: Spiced Yogurt Muffins ½ dz** 6.99

**DESSERT: Banana Cake** 5.99

## Week of October 15<sup>th</sup>

- Beef Enchilada Boats** (D)(V)(SS)(WM)(WF) S 7.99  
Hollowed out zucchini stuffed with enchilada seasoned ground beef, layered with cheese and baked until golden, brown and delicious!  
T 15.99  
F 31.99
- Chicken Cordon Bleu** (D)(GF)(V)(SS)(WM)(WF) (NEW) S 9.99  
The French classic ham and cheese stuffed chicken breast, air fried with a crispy crust served with tender, steamed broccoli.  
T 18.99  
F 36.99
- Johnny Marzotti Casserole** (D)(SS)(WM) (NEW) S 7.99  
We are bringing back a family favorite! Egg noodles tossed with ground beef, mushrooms, onions and tomatoes topped with cheddar and mozzarella cheese finished with a layer of buttery breadcrumbs.  
T 15.99  
F 31.99
- Stuffed Fillet of Sole** (D)(GF)(V)(SS)(WM)(WF) S 9.99  
(Special Order Dairy Free without Cheese)  
A delicate fish with gluten free herb stuffing, served with super power rice pilaf and sautéed spinach.  
T 18.99  
F 36.99
- Turkey Meatloaf** (DF)(D)(V)(K) S 7.99  
Studded with aromatic vegetables and herbs, baked with a light tomato glaze and pan gravy served with roasted red bliss potatoes and steamed veggies.  
T 15.99  
F 31.99

**SOUP: Alpine Potato Soup** (D)(V)(SS)(V)(WM)(WF) 5.99  
A hearty fall soup with potatoes, carrots, Gruyere cheese and a splash of brandy.

**SALAD: Crunchy House Salad** 6.99  
Arcadian lettuce, tomatoes, cucumbers, red peppers and a balsamic vinaigrette.

**MUFFINS: Sweet Potato Crunch Muffins ½ dz** 6.99

**DESSERT: Cranberry Crumb Cake** 5.99

## Week of October 22<sup>nd</sup>

- Apple Glazed Ahi Tuna** (DF)(D)(V)(SS) S 9.99  
This well balanced, slightly sweet and spicy Ahi Tuna is packed full of flavor and light on calories with toasted orzo and gingered fall veggies.  
T 18.99  
F 36.99
- Hamburger Stroganoff** (D)(GF)(V)(SS)(WM)(WF) S 8.99  
Lean ground beef with sherry mushroom sauce, fluffy mashed potatoes and mixed veggies.  
T 16.99  
F 33.99
- Pork Roast with Apple Sauce** (DF)(D)(GF)(V)(SS)(WF) S 8.99  
Pork roast with a fragrant fruit purée and sweet potato hash makes this dish special.  
T 16.99  
F 33.99
- Pumpkin Risotto with Goat Cheese** (GF)(V)(SS)(V)(WF) S 7.99  
A lovely risotto preparation tossed with baby kale and goat cheese topped with sugar and spice roasted pumpkin seeds.  
T 15.99  
F 31.99
- Sundried Tomato Stuffed Chicken Meatballs** (D)(V)(SS)(WM)(WF) S 8.99  
Tender, hand rolled chicken meatballs filled with ricotta, spinach and sundried tomatoes topped with basil sauce.  
T 16.99  
F 33.99

**SOUP: Chicken Tortellini Soup** (D)(GF)(V)(K)(SS) 5.99  
A delicious and comforting soup made with great flavor and technique.

**SALAD: Polish Salad** (NEW) 6.99  
Arcadian and Frissee lettuce, carrots, beets, Asian pears, goat cheese, pumpkin and squash seeds with a yogurt, goat cheese dressing.

**MUFFINS: Pumpkin Spice Muffins ½ dz** 6.99

**DESSERT: Banana Oat Bars** 5.99