

October 8 -29, 2019 Weekly Fresh Menu

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



Week of October 8th

- 1. Creamy Chicken, Ham, Leek and Noodle Casserole** S 7.99
T 15.99
F 31.99
 A hearty noodle casserole with chicken, ham, corn, leeks, peas and cheese with a crumbly top.
 - 2. Flounder with Parmesan Crumbs** S 9.99
T 18.99
F 36.99
(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.
 - 3. Grilled Skirt Steak** S 9.99
T 18.99
F 36.99
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.
 - 4. Roasted Fall Vegetable Gnocchi with Balsamic Reduction** S 7.99
T 15.99
F 31.99
An assortment of roasted veggies, gnocchi and a drizzle of balsamic reduction makes a delicious meatless meal.
 - 5. Russian Pork Stroganoff with Dill** S 8.99
T 16.99
F 33.99
We've made healthy substitutions for a reduced fat version with pork and just a hint of dill and steamed potatoes.
- SOUP: Split Pea Soup** 5.99
Made with hambone for rich flavor and texture that is perfect for the cool weather.
- SALAD: Dark 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 22nd

- 1. Apple Glazed Ahi Tuna** S 9.99
T 18.99
F 36.99
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.
 - 2. Hamburger Stroganoff** S 8.99
T 16.99
F 33.99
Lean ground beef with sherried mushroom sauce, fluffy mashed potatoes and mixed veggies.
 - 3. Pork Roast with Apple Sauce** S 8.99
T 16.99
F 33.99
Pork roast with a fragrant fruit purée and sweet potato hash makes this dish special.
 - 4. Pumpkin Risotto with Goat Cheese** S 7.99
T 15.99
F 31.99
A lovely risotto preparation tossed with baby kale and goat cheese topped with sugar and spice roasted pumpkin seeds.
 - 5. Sundried Tomato Stuffed Chicken Meatballs** S 7.99
T 15.99
F 31.99
Tender, hand rolled chicken meatballs filled with ricotta, spinach and sundried tomatoes topped with basil sauce.
- SOUP: Chicken Tortellini Soup** 5.99
A delicious and comforting soup made with great flavor and technique.
- SALAD: Polish Salad** 6.99
Arcadian and frissee lettuce, beets, carrots, 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

Week of October 15th

- 1. Beef Enchilada Boats** S 7.99
T 15.99
F 31.99
Hollowed out zucchini stuffed with enchilada seasoned ground beef, layered with cheese and baked until golden, brown and delicious!
 - 2. Chicken Cordon Bleu** S 9.99
T 18.99
F 36.99
The French classic ham and cheese stuffed chicken breast, air fried with a crispy crust served with tender, steamed broccoli.
 - 3. Johnny Marzotti Casserole** S 7.99
T 15.99
F 31.99
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 laver of butterv breadcrumbs.
 - 4. Stuffed Fillet of Sole** S 9.99
T 18.99
F 36.99
(Special Order Dairy Free without Cheese)
A delicate fish with gluten free herb stuffing, served with super power rice pilaf and sautéed spinach.
 - 5. Turkey Meatloaf** S 7.99
T 15.99
F 31.99
Studded with aromatic vegetables and herbs, baked with a light tomato glaze and pan gravy served with roasted red bliss potatoes and steamed veggies.
- SOUP: Alpine Potato Soup** 5.99
A hearty fall soup with potatoes, carrots, Gruyere cheese and a splash of brandy.
- SALAD: Crunchy House Salad** 6.99
Artsian lettuce, tomatoes, cucumbers, red peppers and a balsamic vinaigrette
- MUFFINS: Sweet Potato Crunch Muffins ½ dz** 6.99
- DESSERT: Cranberry Crumb Bars** 5.99

Week of October 29th

- 1. Bolognese Meatloaf** S 8.99
T 16.99
F 33.99
An OK! favorite. A twist on a classic, lean beef enhanced with Italian bacon, Romano cheese and garlicky broccoli served with potato polenta.
 - 2. Golden Pearl Turkey Stew** S 7.99
T 15.99
F 31.99
A perfect warm dish for a cool night! Tender turkey simmered with coconut milk, five spices, corn, tomato, crunchy water chestnuts and bok choy served over rice
 - 3. Halloween Pork Tenderloin** S 8.99
T 16.99
F 33.99
Pork tenderloin with chocolate barbeque sauce, sweet potato wedges and sautéed spinach.
 - 4. Honey Garlic Shrimp with Broccoli** S 9.99
T 18.99
F 36.99
Sweet shrimp tossed with garlic, honey, soy and ginger over fluffy brown rice.
 - 5. Pumpkin Lasagna** S 7.99
T 15.99
F 31.99
Vegetarian white lasagna that is an "O.K.!" classic! Fresh roasted pumpkin layered with pasta, ricotta and mozzarella served with a toasted romesco sauce and red onion créma.
- SOUP: French Vegetable Soup** 5.99
Hearty and Simple French country "Garbure" soup with aromatic and root vegetables.
- SALAD: October Salad** 6.99
Arcadian lettuce, spinach, carrots, endvies, grapes, Bleu cheese sunflower seeds and a herb, cider vinaigrette.
- MUFFINS: Pineapple Bran Muffins ½ dz** 6.99
- DESSERT: Applesauce Raisin Cake** 5.99