

April 2019 Weekly Fresh Menu

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



Week of April 9th

- 1. Buffalo Chicken Mac and Cheese** 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
 - 2. Chinese Sweet Pepper Steak** 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
 - 3. Lamb Stew with White Beans** S 9.99
Rustic and hearty lamb stew with carrots, onions, plum tomatoes and white beans.
T 18.99
F 36.99
 - 4. Lemon Flounder with Apricot Sauce** S 9.99
 T 18.99
Cornflake crusted, oven fried fish with a tasty sauce, steamed vegetables and herbed potatoes.
F 36.99
 - 5. Vegetable Stuffed Portobello Mushrooms** S 7.99
 T 15.99
Over filled mushrooms with roasted garden vegetables and mozzarella served with creamy spinach pudding.
F 31.99
- SOUP: French Onion Soup** 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 vinaigrette.
- MUFFINS: Snickerdoodle Muffins ½ dz** 6.99
- DESSERT: Orange Lent Cake** 5.99

Week of April 23rd

- 1. Beef Tips with Madeira** S 8.99
 T 16.99
(Special Order Dairy Free without Mashed)
F 33.99
Tender beef tips braised with Madeira, fennel, carrots, pearl onions served with herbed mashed potatoes.
 - 2. Pork Schnitzel** S 7.99
Breaded pork cutlets with lemon dill sour cream served with German rice and baby carrots.
T 15.99
F 31.99
 - 3. Shrimp Crepes Florentine** 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
 - 4. Skillet Chicken Pasta** 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
 - 5. Super Smart Veggie Burrito** S 7.99
Sautéed yams, greens, red onion, 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** 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, 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** 5.99

Week of April 16th

- 1. Haddock Provençal** S 9.99
A sunny, Mediterranean flavored dish with mild white fish smothered in garlic, tomato, olives and caper sauce. Served with wild rice pilaf tossed with Swiss chard.
T 18.99
F 36.99
 - 2. Meatball-Meatloaf with Spinach and Provolone** S 7.99
 T 15.99
Italian meatball-style meatloaf with gravy, served with mashed potatoes and balsamic drizzled baby carrots.
F 31.99
 - 3. Pork Goulash** *(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
 - 4. Pulled Turkey Enchiladas** S 8.99
Braised, pulled turkey with enchilada sauce stuffed in 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
 - 5. Spring Pasta with Asparagus and Peas** 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** 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 30th

- 1. Apple Beef Brisket** S 8.99
Slices of tender beef, slow braised with an apple glaze served with sweet potato fries and green beans.
T 16.99
F 33.99
 - 2. Company Chicken Tetrazzini** S 7.99
 T 15.99
Old fashioned with a twist, baked with ham, mushrooms and a creamy sauce served over pasta.
F 31.99
 - 3. Garlic "Buttered" Pollok** S 9.99
 T 18.99
A lovely white fish with garlic "butter" served with herbed new potatoes and glazed carrots.
F 36.99
 - 4. Hawaiian Pulled Pork Rice Bowl** S 8.99
 T 16.99
Slow cooked Kahlua shredded pork over rice, beans and healthy veggies served with a bright pineapple salsa.
F 33.99
 - 5. Roasted Ratatouille Stuffed Crepes** S 7.99
(Special Order Dairy Free without Cheese)
T 15.99
A French comfort food dish with a taste of the garden's bounty, light on the cheese and loaded with fresh veggies.
F 31.99
- SOUP: Chicken Cordon Bleu Soup** 5.99
Creamy chicken velouté soup with ham, Swiss cheese, bacon, chives and chunks of chicken.
- SALAD: Blackberry and Greens Salad** 6.99
Arcadian lettuce, blackberries, goat cheese, scallions, sunflower seeds and a honey balsamic vinaigrette.
- MUFFINS: Triple Berry Muffins ½ dz** 6.99
- DESSERT: Vanilla Buttermilk Cake with Chocolate Frosting** 5.99