

August 2021 10th-31st Weekly Fresh Menu

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



Week of August 10th

- 1. Chicken Mediterranean** (D)(GF)(SS)(WM)(WF) S 9.49
Tender, tangy yogurt marinated chicken served with potato sauté tossed with roasted peppers, spinach, chickpeas, olives, onion, garlic and spices. T 18.49 F 36.49
- 2. Chinese Zoodles** (DF)(D)(GF)(K)(SS)(V)(WM)(WF) S 8.99
A traditional Lo Mein made with the lively addition of zucchini noodles studded with crunchy stir fry veggies. T 16.99 F 33.99
- 3. Parmesan Crusted Tilapia** (D)(GF)(SS)(WM) S 9.99
(Special Order Dairy Free without Cheese, Special Order Wheat Free without Orzo)
Firm, tasty fish with an herb and cheese crust served with lemon pepper sautéed zucchini and orzo. T 18.99 F 36.99
- 4. Peach Glazed Pork Chops** (DF)(D)(GF)(K)(SS)(WF) S 9.49
Pan seared bone-in chops with sweet and tangy peach glaze served over pineapple rice studded with sugar snap peas, water chestnuts and scallions. T 18.49 F 36.49
- 5. Rocky Mountain Beef Brisket** (D)(SS) S 9.99
A smoky, slow cooked beef brisket with house made BBQ sauce, garlicky green beans and a side of mac 'n cheese! T 18.99 F 36.99

SOUP: Italian Summer Soup (NEW)(D)(GF)(LC)(SS)(WM)(WF) 6.99
Nana would whip this up when she had an abundance of vegetables in the garden! This soup is fresh, light and filled with homemade Italian sausage.

SALAD: G-BOMB Salad 8.99
G-BOMB is an acronym for Greens, Beans, Onions, Mushrooms, Berries and Seeds with an orange cumin vinaigrette.

MUFFINS: Zucchini Muffins ½ dz 7.99

DESSERT: Root Beer Float Cake (NEW) 6.99

Week of August 17th

- 1. BBQ Turkey Meatloaf** (D)(GF)(SS) S 9.49
Lean ground turkey meatloaf studded with sautéed onions and topped with sweet, tangy BBQ glaze served with yellow squash soufflé. T 18.49 F 36.49
- 2. Beef Braciola** (D)(GF) S 9.99
Traditional Italian entrée. Tender braised beef rolled around a stuffing of cheese, breadcrumbs, prosciutto, raisins and parsley topped with marinara and served with toasted pasta pearls and broccoli. T 18.99 F 36.99
- 3. Chicken Cordon Bleu Meatballs** (D)(GF)(SS)(WM) S 9.49
Lean ground chicken and turkey ham meatballs mixed with Swiss cheese and served with steamed veggies and mashed potatoes. T 18.49 F 36.49
- 4. Ricotta & Sundried Tomato Pasta** (NEW)(D)(GF)(K)(SS)(V) S 8.99
Pasta tossed with garlic, sundried tomato, peas and creamy ricotta with a touch of mint and finished with Parmesan cheese. T 16.99 F 33.99
- 5. Shrimp BLT Frittata** (D)(GF)(LC)(K)(WM)(WF) S 9.99
Fluffy baked egg casserole with plump shrimp, bacon, spinach, tomatoes and cheese. T 18.99 F 36.99

SOUP: Chilled Yellow Tomato Soup (DF)(D)(GF)(LC)(SS)(V)(WM)(WF) 6.99
A smooth, lush soup with ripe, local tomatoes and a sweet, mild low acidity flavor. This will be your new favorite tomato soup!

SALAD: Summer Chopped Salad 8.99
Arugula, frissee lettuce, Napa cabbage, cucumbers, carrots, goat cheese, Craisins and peppers with a white wine, Dijon vinaigrette.

MUFFINS: Pineapple Crumb Muffins ½ dz 7.99

DESSERT: Mocha Coffee Cake 6.99

Week of August 24th

- 1. Chicken Ratatouille with Pasta Pearls** (D)(GF)(SS) (Special Order Wheat Free without Pasta Pearls) S 9.49
Tender, marinated white meat chicken served over simmered squash, eggplant, peppers, feta cheese and tomatoes over toasted pasta pearls. T 18.49 F 36.49
- 2. Kung Pao Meatballs** (DF)(D)(GF)(K)(V)(WF) S 8.99
Vegetarian eggplant Chinese meatballs in a dark robust sherry Sichuan sauce with sugar snap peas, peppers, scallions and squash stir fried over brown rice. T 16.99 F 33.99
- 3. Pasta with Uncle Joey's Meatballs** (D) S 9.99
Old world tomato gravy with meatballs and macaroni. Nana approved! T 18.99 F 36.99
- 4. Summer's End Turkey Stew** (D)(GF)(SS)(WM)(WF) S 9.49
A wonderful, robust dark meat turkey stew featuring a medley of "end of the summer" vegetables with herbs and corn. T 18.49 F 36.49
- 5. Tomato Balsamic Rainbow Trout** (NEW)(D)(GF)(SS)(WM) S 9.99
A mild, delicate white fish fillet smothered in a smoky rich vinegar sauce and served over a bed of rustic lentils, orzo and potatoes. T 18.99 F 36.99

SOUP: Italian Vegetable Soup (DF)(D)(GF)(K)(SS)(V)(WM)(WF) 6.99
Hearty soup with beans, vegetables and pasta finished with basil.

SALAD: Indian Summer Salad 8.99
Arcadian lettuce, zucchini, radishes, red onions and creamy white wine dressing.

MUFFINS: Corn Muffins ½ dz 7.99

DESSERT: Summer Peach Cake 6.99

Week of August 31st

- 1. Aussie Meatballs** (D)(GF)(SS) S 9.99
Beefy meatballs with a great BBQ sauce from "down under" with pea whipped potatoes and baby carrots. T 18.99 F 36.99
- 2. Baked Stuffed Scrod** (DF)(D)(GF)(SS)(WM) S 9.99
Baked scrod topped with shrimp and cracker crumbs served with wax beans and rice pilaf. T 18.99 F 36.99
- 3. Chicken Osso Bucco Style** (D)(GF)(K)(SS)(WM)(WF) S 9.49
(Special Order Dairy Free without Polenta)
Simmered, dark meat chicken in a naturally rich sauce studded with veggies and a hint of smoky turkey bacon. T 18.49 F 36.49
- 4. Mustard Rubbed Pork Tenderloin** (DF)(D)(GF)(SS)(WM)(WF) S 9.49
Rubbed with brown sugar, mustard, sherry and herbs served with sweet potato tipsy, broccoli and cauliflower. T 18.49 F 36.49
- 5. Ricotta and Basil Stuffed Tomatoes** (D)(GF)(SS)(V)(WM)(WF) S 8.99
Ripe and juicy beefsteak tomatoes stuffed with zucchini, chickpeas, basil and ricotta served with a Mediterranean whole grain salad to create this healthy entrée. T 16.99 F 33.99

SOUP: Gazpacho with Lemon & Thyme (DF)(D)(GF)(LC)(K)(SS)(V)(WM)(WF) 6.99
A lovely purée of ripe tomatoes studded with peppers, cucumbers and garlic finished with a dash of smoked paprika.

SALAD: Italian Chopped Salad (NEW) 8.99
Green leaf lettuce, radicchio, grape tomatoes, celery, garbanzo beans, provolone cheese and a simple Italian vinaigrette.

MUFFINS: Blueberry Crumb Muffins ½ dz 7.99

DESSERT: Banana Chocolate Chip Cake 6.99