

January 2019 Weekly Fresh Menu

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



Week of January 8th

- 1. British Peppercot Beef Stew** S 8.99
Warm winter stew with chunks of tender beef and steamed baby potatoes with a dash of mild spices, sweet chile, onions, garlic and bell peppers. T 16.99 F 33.99
 - 2. Greek Shrimp with Tomato and Feta** S 9.99
This saucy shrimp is over lemon, spinach rice topped with tomato sauce, feta cheese and a splash of Ouzo. T 18.99 F 36.99
 - 3. Pulled Chicken Stuffed Peppers** *(Special Order Dairy Free without Cheese)* S 8.99
Barbeque and shredded chicken mixture with rice and cheese stuffed in peppers, baked until golden, brown and delicious. T 16.99 F 33.99
 - 4. Vegetable Mango Picadillo** S 7.99
Our vegetarian picadillo is packed with rustic lentils, tomatoes and fresh mango for a lovely sweet and savory winter dinner. T 15.99 F 31.99
 - 5. Winter Turkey Bolognese** *(Special Order Gluten Free Pasta)* S 7.99
Luscious tomato sauce, spicy ground turkey, shaved Parmesan and a side of sautéed kale over spaghetti makes this a great dish for these chilly winter nights. T 15.99 F 31.99
- SOUP: Chicken Matzo Ball Soup** 5.99
Authentic Jewish penicillin, this golden broth is full of veggies, tender chicken and moist, melt away matzo balls, it's just what the doctor ordered.
- SALAD: Butter Salad with Oranges** 6.99
Butter lettuce, oranges, sunflower seeds and an orange yogurt dressing.
- MUFFINS: Oatmeal Cranberry Applesauce Muffins ½ dz** 6.99
- DESSERT: Berry Tea Cake** 5.99

Week of January 22nd

- 1. Oatmeal Crusted Chicken** S 7.99
(Special Order Dairy Free without Sour Cream) T 15.99 F 31.99
Crispy, oven fried chicken with whipped winter squash and double sprout slaw with corn and grilled pineapple topped with a bright, lime sour cream.
 - 2. Polish Lasagna** S 8.99
No noodles, just layers of rice, pork, kielbasa, cabbage and fried onions....old world delicious! T 16.99 F 33.99
 - 3. Snow-Blind Stew** S 8.99
Veal stew blended with aromatic vegetables and French spices served over white rice. T 16.99 F 33.99
 - 4. Spaghetti with Shrimp, Lemon and Chard** S 9.99
Al dente noodles topped with roasted tomatoes, greens, garlic lemon crème and tossed with tender shrimp. T 18.99 F 36.99
 - 5. Super Smart Vegetarian Chili** S 7.99
A vegetarian comfort classic with black beans, peppers, tomatoes, corn, sweet potatoes, quinoa, smoked tofu and edamame. T 15.99 F 31.99
- SOUP: Carrot Butternut Soup** 5.99
Warm and healing with power-foods, loaded with antioxidants. Super GOOD!
- SALAD: Lemon Artichoke Salad** 6.99
Artisan greens, tomatoes, artichokes, olives shaved Parmesan and a lemon, garlic vinaigrette.
- MUFFINS: Carrot Apple Muffins ½ dz** 6.99
- DESSERT: Low Fat Brownies** 5.99

Week of January 15th

- 1. Apricot Glazed Tuna** S 9.99
Seared Ahi tuna with piquant apricot glaze, basmati scallion rice, peas and asparagus. T 18.99 F 36.99
 - 2. BBQ Lentil "Meatballs"** S 7.99
Vegetarian "meatballs" tossed in a sweet BBQ sauce served with sweet potato fries and roasted broccoli. T 15.99 F 31.99
 - 3. Chicken Breast Stuffed with Italian Sausage** S 8.99
Sourdough breadcrumbs mixed with sautéed vegetables and turkey sausage with a natural pan sauce. T 16.99 F 33.99
 - 4. Meatloaf with Double Tomato Sauce** S 7.99
Rich tomato sauce over a healthy turkey and veal loaf with mashed potatoes and veggies. T 15.99 F 31.99
 - 5. Pork Sausage, Cannellini, Tomato Ragout** *(Special Order Gluten Free Pasta)* S 8.99
Italian sausage simmered in tomato sauce with white beans served over rigatoni pasta. T 16.99 F 33.99
- SOUP: Cream of Broccoli Soup** 5.99
A thick vegetarian soup with warm, pure flavor.
- SALAD: Mesclun Salad** 6.99
Mesclun lettuce, apricots, Bleu cheese, Craisins, sunflower seeds and a white balsamic vinaigrette.
- MUFFINS: Banana Chocolate Chip Muffins ½ dz** 6.99
- DESSERT: French Lemon Yogurt Cake** 5.99

Week of January 29th

- 1. Beef a la Mode with Rosemary Biscuits** S 8.99
(Special Order Wheat Free without Biscuits) T 16.99 F 33.99
Braised beef with bacon, potatoes, carrots, onions and herbs with homemade biscuits on top.
 - 2. Chicken Stir Fry** S 7.99
Crunchy vegetables and tender chicken done the healthier "October Kitchen" way. T 15.99 F 31.99
 - 3. Coconut Crusted Tilapia** S 9.99
Coconut and cornflake crusted white fish fillet with black rice and hashed Brussels sprouts, roasted squash, sweet potatoes and scallions. T 18.99 F 36.99
 - 4. Fettucine Alfredo** *(Special Order Gluten Free Pasta)* S 7.99
Tossed in healthy alfredo sauce with pasta, zucchini noodles and peas topped with shaved Parmesan cheese. T 15.99 F 31.99
 - 5. Mediterranean Meatloaf** S 8.99
A healthy turkey meatloaf studded with red onions, carrots, tomato and black olives. T 16.99 F 33.99
- SOUP: Roasted Vegetable Soup** 5.99
Smooth roasted vegetables cooked with vegetable broth, kale and white beans to make this hearty winter soup.
- SALAD: Crunchy Winter Salad** 6.99
Lettuce, broccoli, endive, radicchio, cauliflower, fennel, black olives, jicama and a white wine vinaigrette.
- MUFFINS: Apple Date Muffins ½ dz** 6.99
- DESSERT: Italian Orange Cake** 5.99