

March 10 - 31, 2020 Weekly Fresh Menu

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



Week of March 10th

- 1. Beefy Taco Casserole** (D)(K)(WM)(WF) S 8.99
Layers of taco seasoned beef, rice, corn, tomatoes, spinach, peppers and Mexican cheese baked together creates this unique casserole. T 16.99 F 33.99
 - 2. Chicken Milanese** (D)(WF) S 9.99
Crispy, breaded, baked chicken breast with lemon Dijon fingerling potatoes served with sautéed spinach. T 18.99 F 36.99
 - 3. Four Cheese Lasagna** (D)(K)(SS)(V)(WM) S 7.99
Baked until bubbly, golden and delicious with homemade marinara and four cheeses. T 15.99 F 31.99
 - 4. Irish Scallop and Cod Pie** (D)(GF)(WF)(SS)(WM)(WF) S 9.99
Sweet fish with fluffy chive potato crust tossed with peas and scallions. T 18.99 F 36.99
 - 5. Spanish Golden Meatballs** (D)(K)(SS)(WF) S 8.99
(Special Order Dairy Free without Cheese) Turkey meatballs with a saffron, tomato glaze over rice with spinach and chickpeas topped with Manchego cheese. T 16.99 F 33.99
- SOUP: Italian Vegetable Tortellini Soup** (D)(WF)(LC)(K)(SS)(V)(WM) 5.99
Chunky and loaded with colorful vegetables and plump cheese pasta. 6.99
- SALAD: Field Green Salad with Goat Cheese**
Mesclun lettuce, goat cheese, Craisins and a maple cider vinaigrette. 6.99
- MUFFINS: Oatmeal Banana Chocolate Chip Muffins ½ dz** 6.99
- DESSERT: Lemon Lent Cake** 5.99

Week of March 17th

- 1. Baked Stuffed Fish Fillets** (DF)(D)(GF)(WF)(K)(SS)(WM)(WF) S 9.99
Fish fillets rolled around delicious rice and veggie filling served with steamed vegetables. T 18.99 F 36.99
- 2. Chicken Fricassee with Artichokes** (D)(GF)(WF)(SS) S 8.99
(Special Order Wheat Free without Egg noodles) Stewed white meat chicken gently simmered with onions, herbs and artichokes in a creamy wine sauce served over egg noodles. T 16.99 F 33.99
- 3. Irish Beef Stew with Guinness** (DF)(D)(GF)(WF)(K)(SS) S 9.99
Dark beer sauce makes this robust beef melt in your mouth, loaded with carrots and onions. T 18.99 F 36.99
- 4. Lentil Shepherd's Pie with Colcannon Topping** (D)(WF)(SS)(V)(WM)(WF) S 7.99
(Special Order Dairy Free without Cheese) Layered under a fluffy mashed potato and cabbage crust (colcannon) is a hearty vegetarian stew with lentils and vegetables. T 15.99 F 31.99
- 5. Sweet Peppers Stuffed with Turkey and Parmesan** (D)(GF)(WF)(SS)(WM) S 8.99
Sweet peppers stuffed plump with aromatic vegetables, lean turkey, herbs and tomato sauce. T 16.99 F 33.99

Irish Soda Bread: This week only!

Our Irish Soda Bread is sweet and tender made with buttermilk, rum, golden raisins and candied orange peel. 7.99

- SOUP: Irish Carrot and Leek Soup** (D)(GF)(WF)(SS)(V)(WM)(WF) 5.99
Sweet and luscious on the tongue this creamy purée is a delight!
- SALAD: Irish Pub Salad** 6.99
Artisan lettuce, hard boiled egg, carrots, green beans, beets, cheddar cheese and a creamy tarragon dressing.
- MUFFINS: Chocolate Stout Muffins ½ dz** 6.99
- DESSERT: Irish Apple Cake** 5.99

Week of March 24th

- 1. Asparagus Quiche with Spaghetti Squash Crust** (D)(WF)(K)(LC)(SS)(V)(WM)(WF) S 8.99
Spaghetti squash makes the crust of this unique quiche, overflowing with asparagus, onions, garlic and Swiss cheese. This entrée will bring Spring right to your table! T 16.99 F 33.99
 - 2. BBQ Beef Tip Skillet** (GF)(WF)(SS)(WF) S 8.99
BBQ beef tips, cooked until tender, served with mashed potatoes and veggie sauté with corn. T 16.99 F 33.99
 - 3. Cincinnati Chili** (D)(WF) *(Special Order Dairy Free without Cheese, Wheat Free without Bread)* S 8.99
Chunky chili with a dab of chocolate and spices, loaded with ground pork and turkey served with zucchini cornbread and topped with cheddar. T 16.99 F 33.99
 - 4. Farmer's Style Chicken** (DF)(D)(GF)(WF)(SS)(WM)(WF) S 7.99
Tender chicken simmered with a medley of vegetables, onions, peppers, tomatoes and herbs. T 15.99 F 31.99
 - 5. General Tso's Shrimp** (DF)(D)(WF)(SS)(WF) S 9.99
Perfectly cooked shrimp and broccolini, crunchy stir fry veggies and rice smothered in a delicious sauce with a lot less fat and sodium. T 18.99 F 33.99
- SOUP: Tomato, Barley and Pecorino Soup** (D)(GF)(WF)(LC)(K)(SS)(V)(WM) 5.99
Warm and hearty with barley instead of noodles.
- SALAD: Artisan Greens Salad** 6.99
Arugula, spinach, frisée, radicchio, watercress, tomato, Parmesan cheese and a garlic, red wine vinaigrette.
- MUFFINS: Mango Muffins ½ dz** 6.99
- DESSERT: Chocolate Lent Cake** 5.99

Week of March 31st

- 1. Crumb Baked Haddock** (D)(GF)(WF)(SS) S 9.99
(Special Order Dairy Free without Mashed, Wheat Free without Breadcrumbs) Onions, celery, tomatoes and herbs top a flakey fish, Served with lemon caper mashed potatoes and veggie medley. T 18.99 F 36.99
 - 2. Garlic Parmesan Chicken Tenders** (D)(K)(SS) S 8.99
A classic done the healthier "October Kitchen" way. Chicken tenders coated in garlic Parmesan breading. T 16.99 F 33.99
 - 3. Lemon Herb Pork Tenderloin** (D)(WF)(K)(SS)(WM) S 8.99
(Special Order Dairy Free and Wheat Free without Pasta Pearls) Roasted pork tenderloin with a robust marinade served with pasta pearls and baby green beans. T 16.99 F 33.99
 - 4. Spinach and Beef Burritos** (D) S 8.99
(Special Order Wheat Free Tortillas) Lean ground beef rolled with spinach, black beans, fajita veggies topped with salsa and Monterey Jack cheese served with red rice. T 16.99 F 33.99
 - 5. Veggie Alfredo Lasagna** (D)(WF)(SS)(V)(WM) S 7.99
Layers of pasta, spinach, carrots, tomatoes, cauliflower, eggplant, onions, herbs, Parmesan and mozzarella cheese. T 15.99 F 31.99
- SOUP: Creamy Turkey Vegetable Soup** (DF)(D)(GF)(WF)(SS)(WM)(WF) 5.99
Loaded with farm stand veggies, turkey broth, white meat turkey and Herbs De Provence.
- SALAD: Spinach Mandarin Salad** 6.99
Spinach, mandarin oranges, blueberries and Craisins with a poppy seed vinaigrette.
- MUFFINS: Oatmeal Blueberry Muffins ½ dz** 6.99
- DESSERT: Spice Cake** 5.99