

May 2019 Weekly Fresh Menu

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



Week of May 7th

- 1. Beef Burgundy** (DF, D, GF, SS) S 8.99
(Special Order Gluten Free Pasta)
A classic braised beef dish with carrots, onions, bacon and mushrooms in a burgundy wine sauce over egg noodles. T 16.99 F 33.99
 - 2. Chicken and Broccoli Lasagna** (D, GF, K) S 7.99
A lower fat version with layers of pasta, roasted chicken, broccoli and four cheeses. T 15.99 F 31.99
 - 3. New York Vegetable Cutlets** (DF, D, GF, SS, V, V) S 7.99
Originally created in a famous New York deli and now we've added our October Kitchen spin. Potato cutlets loaded with veggies served with a chunky tomato sauce. T 15.99 F 31.99
 - 4. Pork and Green Bean Stir Fry** (DF, D, WM, WF) S 8.99
Tender pork fillets with a tangy ginger garlic brown sauce served with crispy baby green beans, sliced carrots and water chestnuts served over fluffy rice. T 16.99 F 33.99
 - 5. Shrimp and Asparagus Frittata** S 9.99
(D, GF, SS, WM, WF) T 18.99 F 36.99
Shrimp and fluffy eggs baked with potato, chives, leeks, Parmesan and asparagus.
- SOUP: French Spring Soup** (D, GF, K, SS, V, WM, WF) 5.99
A rich brothy vegetarian soup loaded with asparagus, spinach, sliced shallots, leeks and a touch of cream.
- SALAD: Tomato Tarragon Salad** 6.99
Artisan greens, tomatoes, green beans and a tarragon vinaigrette.
- MUFFINS: Dr. Feel Good Muffins ½ dz** 6.99
- DESSERT: Buttermilk Peach, Blueberry Cake** (NEW) 5.99

Week of May 14th

- 1. Congress Street Meatloaf** (D, GF, SS) S 7.99
Extra lean beef mixed with sautéed onions rolled around a spinach center with a ketchup glaze. T 15.99 F 31.99
 - 2. Flounder with Sherry Sauce** (DF, D, GF, K, SS) S 9.99
A delicate, flakey white fish topped with a tangy sherry sauce served over a bed of fluffy rice and spinach. T 18.99 F 36.99
 - 3. Low Fat Ziti Vegetable Bake** (D, GF, K, V) S 7.99
A healthy, comfort food dish with broccoli, peppers, scallions and two cheeses. T 15.99 F 31.99
 - 4. Oven Fried Chicken with Pineapple Mango Salsa** S 8.99
(DF, D, GF, SS, WM, WF) T 16.99 F 33.99
Served with roasted sweet potatoes and red onion topped with micro greens. But this citrus mango salsa is what really steals the show!
 - 5. Pork Trentino** (D, GF, SS, WM, WF, NEW) S 8.99
This herb roasted pork tenderloin is paired with a sweet apple fennel cream sauce over a creamy spinach, Parmesan rice. T 16.99 F 33.99
- SOUP: Creamy Chicken, Bacon and Corn Chowder** (D, GF, K, SS, WM, WF) 5.99
A thick and rich soup simmered with onions, celery, carrots and summer savory.
- SALAD: Tricolor Salad** 6.99
Spinach, arugula, endive, radicchio, Parmesan cheese and a garlic balsamic vinaigrette.
- MUFFINS: Coffee Cake Muffins ½ dz** 6.99
- DESSERT: Nana's Chocolate Vinegar Cake** 5.99

Week of May 21st

- 1. Baja Garlic Shrimp** (GF, K, WF) S 9.99
Fluffy, lime cilantro rice tossed with seasoned black beans topped with shrimp, salsa and sour cream. T 18.99 F 36.99
 - 2. Korean Barbequed Pork** (DF, D, SS, WF, NEW) S 8.99
Pan seared sweet and spicy marinated pork tenderloin served with Asian slaw, quinoa salad. T 16.99 F 33.99
 - 3. Layered Beef Enchilada Casserole** (D, GF, SS, WF) S 8.99
Lean ground beef, sautéed onions, peppers, beans, spices and cheese layered with white corn tortillas and baked in our homemade enchilada sauce. These are sure to satisfy! T 16.99 F 33.99
 - 4. Meatballs Cacciatore** (D, GF, K, SS, WM, WF) S 7.99
Turkey meatballs simmered with tomatoes, peppers, onions, mushrooms and herbs served with corn polenta. T 15.99 F 31.99
 - 5. Roasted Asparagus and Tomato Penne** (NEW) S 7.99
(D, GF, K, SS, V) T 15.99 F 31.99
Tossed together with goat cheese, bright lemon vinaigrette and arugula, this is a great salad warm or cold!
- SOUP: Hearty Vegetable Soup with Basil Pesto** (D, GF, V, WM, WF) 5.99
A spring vegetable and bean soup with a dollop of nut free pesto.
- SALAD: Mason Dixon Salad** 6.99
Artisan lettuce, tomatoes, bleu cheese, hard boiled egg, garbanzo beans and a red wine tarragon vinaigrette.
- MUFFINS: Maple Sweet Potato Muffins ½ dz** (NEW) 6.99
- DESSERT: Apricot Chocolate Chip Cake** 5.99

Week of May 28th

- 1. Balsamic Shredded Beef** (DF, D, GF, SS, WF) S 8.99
Fork tender, melt in your mouth beef accompanied by rosemary roasted sweet potatoes and honey butter balsamic roasted veggies. T 16.99 F 33.99
 - 2. Chicken Meatballs with Spaghetti** S 7.99
(D, GF, SS, WM, WF) (Special Order Gluten Free Pasta) T 15.99 F 31.99
Tender chicken meatballs served over spaghetti with grilled squash topped with house made marinara.
 - 3. Cod with Green Sauce** (DF, D, GF, SS, WM, WF) S 9.99
Flaky white fish fillets topped with classic French herb vinaigrette served with summer vegetable pilaf. T 18.99 F 36.99
 - 4. Herbed Pork with Strawberry Barbeque Sauce** S 8.99
(D, GF, K, SS, WM, WF) T 16.99 F 33.99
Grilled pork tenderloin over scallion mashed potatoes with sautéed spinach topped with a fresh strawberry "barbeque" sauce.
 - 5. Spinach and Ricotta Eggplant Involtini** S 7.99
(D, GF, K, SS, V, WM, WF) T 15.99 F 31.99
Eggplant cutlets stuffed with ricotta, rice and spinach with roasted tomato sauce topped with Parmesan.
- SOUP: Turkey Chili Taco Soup** (DF, D, GF, SS, WF) 5.99
A hearty soup with tomato, beans, turkey, corn and corn tortillas with just the right amount of heat.
- SALAD: Cousin's House Salad** 6.99
Arcadian lettuce, tomatoes, red onions and a honey mustard dressing.
- MUFFINS: Jordan Marsh Blueberry Muffins ½ dz** 6.99
- DESSERT: Mango Crumb Bars** 5.99