

Sept 29 - Oct 3		LUNCH & DINNER MENU		One price
WEEK 3				for all.
Monday, September 29, 2025				
	4004	Turkey Spinach & Farro Soup		\$1.95
	4029	Tomato Blue Cheese Bisque		\$1.95
	3003	Beef & Rice Stuffed Pepper-GF		\$4.00
	3019	Roast Pork & Apple Pork Glaze -GF		\$5.25
	3604	Roasted Sweet Potatoes-GF		\$1.50
	3623	Whipped Squash-GF		\$1.25
	3621	Peas-GF		\$1.25
	3609	Braised Red Cabbage-GF		\$1.25
Lunch Wok Special	3037	Miso Ginger Marinated Salmon-GF		\$6.75
Lunch Wok Special	3006	Miso Ginger Grilled Marinated Tofu		\$4.25
Tuesday, September 30, 2025				
	4024	Split Pea Soup		\$1.95
	4003	Tofu Hot and Sour Soup-GF		\$1.95
	3002	Pot Roast and Gravy-GF		\$5.25
	3045	Macaroni & Cheese - per scoop		\$2.75
	3601	Fresh Whipped Potatoes-GF		\$1.50
	1023	Side Order of Gravy-GF		\$0.75
	3610	Cauliflower Gobi Aloo-GF		\$1.50
	3613	Roasted Local Butternut Squash-GF		\$1.50
	3612	Fresh Spinach-GF		\$1.25
Lunch Wok Special	3020	Chicken and Sausage Gumbo		\$5.25
Lunch Grille Special	3305	Pulled BBQ Chicken Sandwich with Cole Slaw		\$4.50
Wednesday, October 1, 2025				
	4015	Cheese & Potato Leek Chowder		\$1.95
	3055	Pasta Bar - (choice of 1 c. pasta & 4 oz. sauce)		\$4.25
	3024	Chicken Parmesan with Shells & Sauce		\$5.25
	3056	Chicken Parmesan & Sauce - no shells		\$4.25
	3058	Tofu Parmesan		\$4.25
	3007	Tofu Parmesan, Shells and Sauce		\$5.25
	3035	Cracker Crumb Cod		\$5.75
	3061	Side of Pasta & Sauce - 1/2 c. pasta and 2 oz. sauce		\$2.25
	3631	Side of Pasta Only or Sauce Only		\$1.50
	3057	Meatball - 1 each		\$0.85
	3614	Roasted Spaghetti Squash-GF		\$1.50
	3622	Roasted Vegetables-GF		\$1.25
	3016	Garlic Knot		\$0.75
	3611	Roasted Pesto Soy Mushrooms-GF		\$1.50
Lunch Wok Special	3016	Chicken Wings (Each)		\$1.00
Lunch Grille Special	3306	Meatball Parmesan Sandwich		\$4.95
Thursday, October 2, 2025				
	4009	Black Bean & Chorizo Sausage Soup-GF		\$1.95
	4006	Cream of Spinach Soup		\$1.95
	3033	Turkey, Stuffing, Gravy and Cranberry		\$5.25
	3043	Homemade Seafood Lasagna		\$6.25
	3011	Teriyaki Organic Tofu-GF		\$4.25
	3601	Fresh Whipped Potatoes-GF		\$1.50
	3616	Broccoli Cuts-GF		\$1.25
	3619	Carrrots-GF		\$1.25
	3608	Whole Green Beans & Almonds-GF		\$1.50
	3022	Curry Coconut Chicken with Rice-GF		\$5.25
Lunch Grille Special	3316	Cod Fish Sandwich		\$5.75
Friday, October 3, 2025				
	1509	Corned Beef Hash (breakfast special only)		\$2.25
	4008	Beef Mushroom Barley Soup		\$1.95
"Dock to Table" Fresh Fish	4026	Seafood Bisque		\$1.95
	3021	Chicken Green Chili Burrito		\$5.25
"Dock to Table" Fresh Fish	3035	Fresh Local Cracker Crumb Cod		\$5.75
	3605	Red Beans & Rice-GF		\$1.50
	3607	Hearty Grains and Mushrooms		\$1.50
	3612	Fresh Spinach-GF		\$1.25
	3619	Carrots -GF		\$1.25
	3626	Fresh Zucchini and Onions-GF		\$1.25
Lunch Grille Special	3013	Vegan Tan Tan Noodles		\$4.25

Recipe Name	Size	Amt	Calo ries	Pro tein	Fat	SFA	Carbo hydrat	Chol estrol	Sodium	Potas ium	Dietry Fiber	Sugars
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(gm)	(gm)
Breakfast												
Bacon	1 slice	15	70	5.0	6.0	2.50	0.0	20	300		0.0	0.0
Beef,Corn,Hash,Homemade	0.5 cup	153	264	17.0	17.2	5.75+	8.3	89+	987	269	0.5+	0.5+
Cereal,Oatmeal	8 ounces	302	300	10.0	6.0	1.00	54.0	0	7	302	8.0	2.0
Danish,Donut,Fritter,Apple	1 each	92	310	4.0	13.0	6.00	44.0	0	240		1.0	21.0
Danish,Strudel,Strawberry Cheese	1 each	78	249	3.0	19.0	10.00	24.0	5	170		1.0	9.0
Egg,Bowl,Scambled,Northeast	2 oz	165	234	18.1	15.3	5.37+	4.9	472+	290	297	0.5+	3.6+
Egg,Fried,DR	1 each	44	63	5.5	4.2	1.38	0.3	164	62	61	0.0+	0.2+
Egg,Hard,Boiled,Hot Peeled	1 each	50	80	6.0	5.0	1.50	1.0	185	60	65	0.0	1.0
Egg,Scrambled, DR	2 oz	57	85	6.8	5.7	1.70	1.1	238	68	92	0.0+	1.1+
French Toast Syrup DR	1 slice	83	180	1.7	1.0	0.33+	43.4	36+	86	39	0.0+	28.6+
Muffin,English Toasted	1 each	57	130	5.0	1.5	0.00	26.0	0	230	50	1.0	1.0
Muffin,Mini Blueberry	1 each	55	189	2.7	9.6	1.70	23.2	40	152	47	0.5	13.3
Muffin,Mini Chocolate Chip	1 each	55	216	2.7	10.8	3.15	26.1	36	144		0.0	17.1
Muffin,Mini Cinn Coffee cake	1 each	55	215	2.1	11.1	2.80	26.1	32	131	28	0.4	15.7
Muffin,Mini Cranberry Nut	1 each	55	186	2.7	10.2	1.65	21.1	35	136	37	0.7	11.9
Muffin,Mini Lemon Poppyseed	1 each	110	408	4.9	21.0	3.73	49.1	69	281	76	1.0	26.8
Muffin,Mini Mocha Fudge	1 each	55	197	2.6	10.5	2.25	23.4	21	148	105	1.0	14.1
Muffin,Mini Pistachio	1 each	55	216	2.9	11.8	1.96	24.5	34	147	39	0.0	13.7
Pancake,Blueberry,(Local)Syrup	1 each	141	315	3.4	4.4	1.75+	63.2	20+	319	73+	0.8+	48.2+
Pancake,DR	3 oz	132	161	3.3	5.8	2.12+	23.8	20+	334	61	0.4+	12.4+
Potato,Homefries	1/2 cup	125	70	1.0	1.0	0.07+	13.2	0+	234	275	1.0+	1.0+
S/w,Burrito, Egg, Sausage	1 each	355	620	29.7	29.8	13.11+	58.8	272+	1740	613	4.4+	7.3+
S/w,Egg, Sausage & Ch	1 each	174	503	24.6	25.6	13.38	28.6	217	998	259	1.0+	1.2+
S/w,Egg,Bacon & Ch	1 each	151	403	24.5	23.7	10.38	27.3	219	1232	146+	1.0+	1.2+
S/w,Egg,Ham,Cheese,Healthy	1 each	147	260	19.2	9.4	4.31	27.6	33	454	236	1.0	1.6
Sausage,Gravy,Biscuit	6 ounces	241	546	15.8	34.7	17.89+	41.6	82+	1301	339	1.1+	6.1+
Sausage,Link,DR	1 each	56	120	9.0	9.0	3.00	0.0	38	386	142	0.0	0.0
Toast,Raisin Cinnamon	1 slice	33	100	2.0	1.5	0.00	20.0	0	105	64	1.0	9.0
Toast,Wheat	1 slice	43	120	5.0	1.5	0.00	19.0	0	105	90	3.0	4.0
Toast,White	1 slice	32	90	3.0	1.5	0.00	16.0	0	130	20	2.0	1.0
Monday, September 29, 2025												
Soup,Tomato,Blue Cheese,Bisque	8 oz	239	173	5.3	9.5	6.02+	15.7	30+	419	328+	2.9+	7.5+
Soup,Turkey,Farro,Spinach	8 oz	271	79	7.0	1.9	0.44+	8.1	15+	528	256+	2.8+	0.9+
Stuffed Pepper, Beef Homemade - GF	1 each	264	330	18.0	17.7	8.32+	25.1	62+	395	528	3.4+	4.7+
Pork,Roast,Apple Glaze - GF	4 ounces	193	307	27.1	18.5	6.25+	6.9	86+	81	568+	0.9+	1.7+
Potato,Roasted,Sweet - GF	1/2 cup	148	186	2.1	7.8	2.05+	27.4	0+	148	464	4.1+	5.7+
Squash,Winter,Whipped - GF	1/2 cup	136	63	1.6	0.0		14.1	0	0	287	1.6	
Peas - GF	1/2 cup	113	89	5.9	0.5	0.00	15.5	0	127	169	4.8	
Cabbage,Red,Braised - GF	1/2 cup	232	104	2.6	3.2	0.87+	18.6	0+	99	363	5.0+	12.4+
Fish,Fresh Salmon Miso, - GF	6 ounces	179	266	33.9	12.9	1.80+	2.0	92+	279	830+	0.0+	1.7+
Tofu,Miso,Grilled	1 each	181	119	12.7	5.3	0.15+	6.0	0+	316	409+	0.0+	1.7+
Tuesday, September 30, 2025												
Soup,Gr ,Split Pea	8 ounces	325	182	13.7	1.2	0.35+	29.9	10+	483	115+	0.5+	3.0+
Soup,Tofu Hot&Sour, - GF	8 oz	235	81	4.1	0.8	0.01+	14.4	0+	633+	297+	1.0+	5.4+
Pot Roast & Gravy - GF	4 oz	220	299	29.3	14.3	4.76+	9.4	76+	257	622	1.1+	2.3+
Mac & Cheese	1 cup	200	311	13.9	15.9	8.28+	28.7	40+	507	138	1.2+	2.5+
Potato,Whipped Cafe - GF	4 oz	132	134	1.8	7.0	4.46+	16.3	20+	296	318+	1.5+	0.5+
Gravy, Beef, Str - GF	2 oz	40	24	0.4	0.0	0.01+	4.9	0+	51	67	0.6+	0.9+
Cauliflower,Gobi Aloo - GF	4 ounces	135	132	1.7	9.2	0.68+	10.1	0+	126	249+	2.0+	1.7+
Squash, Butternut Roasted - GF	4 oz	195	145	1.8	6.2	1.62+	23.9	0+	67	525	2.7+	7.9+
Spinach,Fresh - GF	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Chicken and Sausage,Gumbo Over Rice	1 each	496	518	41.8	19.7	4.46+	41.2	111+	987	405+	3.4+	4.5+
Wednesday, October 1, 2025												
Soup,Chowder,Cheese, Potato leek	6 ounces	231	188	7.9	13.6	7.31+	8.8	39+	424	183	0.5+	1.4+
Pasta,Shell,plain	1 cup	57	213	7.1	1.0	0.00	42.5	0	0	106	2.0	3.0
Sauce,Alfredo,DR	4 oz	122	226	9.3	18.8	10.74+	6.5	51+	341	156	0.1+	4.3+
Sauce,Marinara,DR	4 oz	96	36	0.9	1.4	0.11+	4.5	0+	12	197	1.6+	2.5+
Chicken,Parmesan,PastaSauce	1 each	252	467	28.8	19.3	4.50+	43.0	62+	810	585	3.7+	5.2+
Chicken, Parmesan only	1 each	159	233	32.4	8	3.57	6.5	88	345	337	0.6	0.7
Tofu,Parmesan,Marinara Sauce	1 each	267	305	21.6	19.0	5.08+	11.9	25+	435	543	1.4+	1.8+
Fish,Cracker Crumb,w/Lemon	1 each	167	187	27.1	6.5	1.43+	7.0	100+	212	30+	0.7+	0.6+
Pasta,Shells & M'balls DR	1 each	481	405	17.0	13.7	4.82+	53.6	50+	401	485+	4.5+	8.5+
Meatball,	1 each	57	140	8.7	10.7	4.67	50	267	534	0	0	0.7
Squash, Spaghetti Roasted - GF	4 oz	215	70	1.4	1.3	0.09+	13.8	0+	39	250	2.8+	5.5+
Mushroom,Roasted,Pesto,Soy - GF	1/2 cup	128	94	4.9	7.1	1.08+	4.6	3+	196	376+	1.2+	2.7+
Roasted,Vegetable,Fresh,Mix - GF	1/2 cup	85	43	1.0	2.1	0.17+	5.6	0+	14	173	1.6+	2.5+
Chicken,Wings Thai	1 each	452	892	82.4	35.6	10.68+	78.6	196+	2261	62+	0.1+	64.1+
Chicken,Wings BBQ Sauce	1 each	366	715	82.3	36.0	10.70	29.7	196	1796	148+	0.6	21.3
Chicken,Wings Buffalo Sauce	1 each	366	605	81.8	35.6	10.85	3.6	196	3101		0.9	1.1
Garlic Knot	1 each	86	277	6.9	10.4	3.47	41.6	0	601		2.3	2.3
Meatball Parmesan Sub	1 each	317	507	24.7	23.9	9.41	51.4	100	1177	212+	3.3	5.1
Thursday, October 2, 2025												
Soup,Black Bean&Chorizo Ssg - GF	8 ounces	257	119	6.0	4.5	1.72+	13.4	10+	443	345+	3.6+	2.4+
Soup,Cream,Spinach	8 ounces	281	132	4.0	7.4	4.62+	12.6	23+	462	359	1.7+	1.0+
Turkey,Stuffing,Gravy,Cafe	1 each	395	404	40.0	10.4	3.76+	41.6	91+	1174	591	3.4+	19.7+
Lasagna,Seafood Homemade	1 each	360	434	45.8	13.2	6.63+	27.7	173+	1400	434+	1.5+	5.0+
Tofu,Teriyaki - GF	1 each	319	203	15.0	9.8	0.49+	13.9	0+	336+	651+	2.0+	5.4+
Potato,Whipped Cafe - GF	4 oz	132	134	1.8	7.0	4.46+	16.3	20+	296	318+	1.5+	0.5+
Gravy, Turkey,STR	2 ounces	61	15	0.2	1.0	0.27+	1.3	0+	151	23	0.1+	0.3+
Broccoli,Steam,Cuts - GF	1/2 cup	78	22	2.4	0.1	0.01	4.2	0	9	111	2.3	1.1
Carrots,Coins, - GF	1/2 cup	113	41	0.9	0.5	0.05	9.0	0	77	266	3.7	5.4
Beans,Whole Fresh, Almond - GF	1 each	109	132	3.2	10.6	1.92+	8.3	0+	67	160	3.5+	1.6+
Chicken,Curry Coconut - GF	1 each	273	284	31.9	10.1	1.19+	14.6	81+	807	351+	2.0+	4.7+
Friday, October 3, 2025												
Soup,Beef,Mushroom,Barley	8 ounces	234	154	7.1	4.0	1.46+	19.5	15+	449	296+	3.8+	3.0+
Soup,Seafood,Bisque	8 ounces	256	199	7.8	12.5	6.32+	11.7	51+	710	206+	0.5+	1.4+
Chicken,Burrito,Green chili Black bean	1 each	433	757	53.2	30.3	12.32+	66.3	131+	1519	891+	6.6+	4.7+
Fish,Cracker Crumb,w/Lemon	1 each	167	187	27.1	6.5	1.43+	7.0	100+	212	30+	0.7+	0.6+
Rice,Red beans - GF	1/2 cup	144	148	5.1	1.9	0.14+	27.0	0+	158	233	2.5+	1.2+
Grain,Hearty Grain & Mushrooms	1/2 cup	108	191	5.9	1.1	0.00	39.5	0	191	75+	3.8	0.0
Spinach,Fresh - GF	1/2 cup	162	37	4.6	0.6	0.10	5.9	0	128	904	3.6	0.7
Carrots,Coins, - GF	1/2 cup	113	41	0.9	0.5	0.05	9.0	0	77	266	3.7	5.4
Zucchini Saute Onion,D - GF	1/2 cup	184	55	2.2	2.4	0.27+	7.5	0+	13	448	2.0+	5.1+
Pasta,Tan Tan Noodles,Vegan	12 ounces	410	643	27.2	26.7	3.65+	75.8	0+	660	864+	11.2+	9.8+