



Monday: 9/14
CLOSED

Tuesday: 9/15

Quiche : Bacon & Cheddar
Roast Beef Panini with Potato Salad
Bread : Banana
 Banana Nut
Cookies : Semi Sweet Choc Chip
 Almond Ricotta
Cake of the Day - Chocolate - Cake; Choc
Icing

Wednesday: 9/16

Quiche : Broccoli & Cheddar
Salad : Taste of Fall Salad - Mixed Greens,
Pear, Cayenne-Cinnamon Roasted Pecans,
Parmesan Cheese served with a Balsamic
Dressing
Cookies : Molasses
 Milk Chocolate Chip

Dessert of the Day : **Cinnamon Buns**

Plant Based - Burrito Bowl

Thursday: 9/17

Quiche : Asparagus & Swiss
Cobb Salad : Romaine, Cherry Tomatoes,
Blue Cheese Crumbles, Grilled
Chicken, Bacon, Red Onion , Avocado and
Hard boiled Eggs

TEA Party to Go-Mini Quiche, Sandwiches,
Scones, Desserts(***pre-order by Wed***
required).

Savory SCONES - Parmesan Cheese &
Roasted Red Pepper
Sweet SCONES - Blackberry & Lavender
Cookies : Almond Ricotta

***Cake of the Day - Raspberry Cake with
Lemon Icing***

***Keto Lunch - Lump Crab Meat Stuffed
Avocados***

Friday: 9/18

Sandwich : Roasted Turkey Melt - Cheese,
apple, Onion served on toasted Pretzel
Salad : Greek Salad - Kalamata Olives,
Tomatoes, Cucumber, Red Onion, Salami,
Feta served with Dijon-Red Wine Vinegar
Dressing
Cookies: Semi Sweet Choc Chip,
 Molasses

Cream Puff Friday

Available Daily:

Chicken Salad on Pretzel
Egg Salad on Pretzel
BLT or Turkey BLT on Pretzel
Chef Salad with Egg, Turkey, Ham
Cold Plate with Chicken, Egg & Tuna Salad
Mozzarella or Avocado Caprese Sandwich
Protein Box - Boiled Eggs, Cheese, Apple,
Whole Grain Bread.