




Weekly Menu

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>#1 Main Plate</i>	Buffalo Chicken Wings Roasted & Drenched in a Tangy Housemade Buffalo Sauce \$6.49 Combo \$4.49 A la Cart	Taco Tuesday Corn or Flour Shells filled with Choice of Protein & Traditional Taco Toppings available at the Salad Bar \$6.49 Combo \$4.49 A la Cart	Pasta Bar Your Choice of Pasta, Sauce, and Protein \$6.49 Combo \$4.49 A la Cart	Traditional Meatloaf \$6.99 Combo \$4.99 A la Cart	Sriracha Crab Cake Seared Lump Crab Cake served with Sriracha Aioli \$8.49 Combo \$6.49 A la Cart
<i>#2 Main Plate</i>	Traditional Mac & Cheese \$6.49 Combo \$4.49 A la Cart			Eggplant Parm Stack Eggplant Layered with Marinara and Cheese \$6.49 Combo \$4.49 A la Cart	Farmer's Pot Roast Slow Roasted with Vegetables, Thyme & Basil \$8.49 Combo \$6.49 A la Cart
	Chicken Parmesan Sandwich on a Brioche Bun \$5.49	Applewood Smoked Ham & American on a Bavarian Pretzel Roll \$5.49	Chipotle Patty Melt Grilled Hamburger with Chipotle Mayo, Pepper Jack Cheese, and Grilled Onions on Grilled White Bread \$5.49	Pulled Pork and Pineapple Quesadilla Spicy Pulled Pork Quesadilla Served with a Pineapple Kiwi Mango Salsa \$5.49	Metz Mac Wrap Grilled Burger, American Cheese, Shredded Lettuce & Thousand Island Dressing in a Toasted Wrap \$5.49
<i>#1 MARKET ST. DELI</i>	Applewood Smoked Ham Provolone Cheese on Rye Bread \$4.89	Egg Salad on Multigrain Bread \$4.89	Turkey and Peper Jack Cheese on a Pretzel Roll \$4.89	Tuna Salad Melt on Wheat Bread \$4.89	Hummus, Avocado and Roasted Vegetable Wrap Hummus with Fresh Avocado and Roasted Vegetables \$5.49
<i>#2 MARKET ST. DELI</i>	Chipotle Chicken Sandwich Served w/ Avocado, \$5.49	Turkey, Avocado, & Blue Cheese Served in a Croissant \$6.49	Sweet Potato, Black Bean & Cheddar Wrap with a Pesto Basil Sauce (No Nut) \$5.49	Asian Chicken Lettuce Wrap Diced Chicken Breast, Mushrooms, Carrots, Water Chestnuts, Cabbage tossed in a Hoisin & Sesame Ginger Vinaigrette \$5.49	Spicy Italian Capicola Ham, Salami and Provolone Cheese on a 6" Hero \$5.49
<i>Healthy Choice Salad</i>	Roasted Sweet Chili Chicken Salad \$5.79	Spinach Fruit & Nut Salad with Craisins \$5.79	Popcorn Chicken Salad \$5.79	Crispy Chicken Salad \$5.79	Trio Salad Kidney made with Kidney Black, Green Beans mixed on a bed of greens \$5.79
	Ranch, Bacon & Jalapeno Flatbread \$4.09	Supreme Seasoned Ground Beef, Italian Sausage, Onions, Green Peppers, and Black Olives \$4.09	Caramelized Onion & Mushroom Red Bell Pepper, Mozzarella & Pizza Sauce \$4.09	Three Cheese Shaved Parmesan, Mozzarella, and Ricotta w/ Fresh Basil \$4.09	Buffalo Chicken Mozzarella, Bleu Cheese Dressing \$4.09
	Creamy Mushroom Soup (VB)	New England Clam Chowder	French Onion (VB)	Hot & Sour Chicken	Carrot & Coriander (VB)
Thoroughly cooking meats, seafood, and eggs reduces risk of foodborne illness				SCAN ME WITH YOUR PHONE 