



Weekly Menu

Week 3

	Monday 8/19/19	Tuesday 8/20/19	Wednesday 8/21/19	Thursday 8/22/19	Friday 8/23/19
Day Breakers	Cajun Breakfast Veggie Wrap \$3.99	Lemon Blueberry French Toast \$3.99	Chorizo Eggchilada \$3.99	Peanut Butter Lovers Pancakes \$3.99	Tuscany Omelet \$3.99
	Scrambled, Hardboiled, and Cheese Eggs, Breakfast Potatoes, Bacon, Sausage, and other Early Morning Favorites Served Daily				
<i>Main Plate</i>	Butternut & Portobello Penne Penne Tossed with Butternut Squash, Portobello Mushrooms and Herbs \$6.49 Combo \$4.49 A la Cart	Cavatappi with Grilled Italian Sausage Cavatappi Pasta with Grilled Sausage, Peppers, and Onions with Seasoned Flatbread \$6.49 Combo \$4.49 A la Cart	Chicken Parmesan Lightly Breaded Chicken Cutlets Topped with Fresh Mozzarella Cheese and Marinara Sauce \$6.49 Combo \$4.49 A la Cart	Herb Baked Pork Chop Tender Baked Pork Chop Coated with a Herbed Crust \$7.49 Combo \$5.49 A la Cart	Turkey Piccata Roasted Turkey Breast in a Lemon Caper Sauce \$6.49 Combo \$4.49 A la Cart
<i>Main Plate</i>	Kung Pao Chicken Spicy Chicken Made with Peanuts and Vegetables \$6.49 Combo \$4.49 A la Cart	Chicken Monterey Baked Chicken Breast Served Covered in Monterey Jack Cheese and Avocado Slices \$6.49 Combo \$4.49 A la Cart	Tricolored Stuffed Peppers A Variety of Stuffed Peppers Stuffed with Quinoa and Vegetarian Crumble \$7.49 Combo \$5.49 A la Cart	Fish & Chips Lightly Breaded Fish, Baked and Served with Seasoned French Fries \$7.49 Combo \$5.49 A la Cart	Seared Balsamic Salmon Baked Salmon Filet served with Balsamic Glaze \$7.49 Combo \$5.49 A la Cart
J. CLARK'S GRILLE	Reuben Burger Grilled Hamburger Topped with Corned Beef, Sauerkraut, Swiss Cheese, and Thousand Island Dressing \$6.49	Black Bean Burger with Cilantro Mayo Spicy Black Bean Burger, Grilled, and Served with a Cilantro Lime Mayo \$5.49	French Dip Tender Slow Roasted Beef on a French Baguette Served with Au Jus Dipping Sauce \$5.49	Maple Glazed Turkey Burger Maple Glazed Turkey Burger Topped with Roasted Onions and Whole Grain Mustard \$5.49	Goat Cheese and Spinach Quesadilla Quesadilla Stuffed with Goat Cheese, Mozzarella, Spinach, Mushroom, Onions, and Red Peppers \$5.49
MARKET ST. DELI	Roast Turkey Ciabatta Roast Turkey, Cheddar Cheese on a Ciabatta Club \$5.49	California Club Turkey, Ham, and cheese with bacon topped with Avocado, lettuce, Tomato and Mayo on a Croissant \$6.49	Chef Salad Wrap Mixed Greens with Ham, Turkey, Cheese, Hard Cooked Eggs, Cucumbers and Tomatoes \$5.49	Turkey and Roasted Green Apple Sandwich Smoked Turkey with Cheddar Cheese, Roasted Apples, Caramelized Onions \$6.49	Chicken Caesar Wrap Chicken Breast with Chopped Romaine, Parmesan Cheese, Caesar Dressing \$5.49
VILLA TOSCANA	Chicken Pesto Seasoned Chicken, Mozzarella, and Pesto Sauce \$4.09	White Pie Ricotta, Tomato, and Basil \$4.09	Roasted Garlic, Spinach, and Ricotta Roasted Garlic, Sautéed Spinach, Ricotta, Mozzarella, Diced Tomatoes, and Pizza Sauce \$4.09	Cheesesteak Seasoned Beef, Diced Tomatoes, Cheddar and Mozzarella Cheese, and Pizza Sauce \$4.09	Chicken Fajita Grilled Chicken, Peppers, Onions, Mozzarella, and Salsa \$4.09
duJour	Split Pea with Ham  Mediterranean Chick Pea	Cream of Broccoli Beef and Black Bean	Chinese Chicken Soup Sweet Potato	White Chicken Chili Sweet Corn Soup	Potato Kale  Stuffed Pepper

Dietician's Choice



= Better-for-You Choices at Every Meal

Thoroughly cooking meats, seafood, and eggs reduces risk of foodborne illness