









Week 1

Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Day Breakers	Spinach Mushroom Omelet Served on Flat Bread \$3.49 	Everything Egg Scramble \$3.49	Egg, Ham & Cheese Quesadilla \$3.49	Banana Pancakes \$3.49	Steak, Egg & Cheese Croissant \$3.49
	Scrambled, Hardboiled, and Cheese Eggs, Breakfast Potatoes, Bacon, Sausage, and other Early Morning Favorites Served Daily				
<i>Main Plate</i>	Carved Roast Turkey Oven roasted turkey breast with sage, thyme & rosemary.. \$6.49 Combo \$4.49 A la Carte 	Hoisin BBQ Ribs Tender Roasted Country Style Ribs Topped with Housemade Hoisin BBQ Sauce \$6.49 Combo \$4.49 A la Carte	Roast Pork Loin with Apples Seasoned pork loin baked atop cinnamon brown sugar apples. \$6.49 Combo \$4.49 A la Carte	Chicken Chesapeake roasted chicken breast topped with crab imperial and baked to perfection. \$7.49 Combo \$5.49 A la Carte	Fajita Friday Fajita beef and chicken with onions and peppers, tortillas, rice and black beans. \$7.49 Combo \$5.49 A la Carte
<i>Main Plate</i>	Salmon Florentine Tender baked salmon with creamy spinach & mushrooms \$7.49 Combo \$5.49 A la Carte 	Orange Soy Chicken Baked boneless chicken breast with a citrus soy ginger marinade. \$6.49 Combo \$4.49 A la Carte	Chili Mac Elbow macaroni tossed with mixed cheddar/jack cheese and beef chili. \$6.49 Combo \$4.49 A la Carte	Shepherd's Pie Ground beef, peas, carrots, brown gravy & topped with silky mashed potatoes. \$7.49 Combo \$5.49 A la Carte	
J. CLARK'S GRILLE	Pizza Burger Grilled burger with provolone cheese and marinara sauce on a burger bun. \$5.49	Three Cheese Grilled Cheese Mozzarella, Monterey jack and gouda on country style white. \$5.49	Caprese Turkey Burger Seasoned Turkey Burger with bruschetta, basil pesto & mozzarella cheese on a whole wheat burger bun. \$5.49 	Broccoli & Cheese Quesadilla Monterey jack and mozzarella with broccoli and cilantro. \$5.49	French Dip Tender slow roasted beef served with Au Jus dipping sauce \$5.49
MARKET ST. DELI	Kentucky Club Ham, turkey, provolone cheese, bacon, romaine lettuce and tomato with a touch of bbq sauce. \$5.49	Hummus, Avocado and Roasted Vegetable Wrap Hummus, avocado and roasted vegetables rolled in a flour tortilla. \$5.49  	Chesapeake Seafood Salad Sandwich Seafood salad with american cheese, lettuce, tomato, bell pepper and house made tartar on a hero roll. \$6.49	Ham, Brie and Honey Panini Applewood ham, brie, lettuce, onion and honey dijon on baguette bread. \$5.49	Turkey Cranberry Croissant Turkey & Swiss Cheese with bacon baby spinach, and cranberry mayo on a butter croissant. \$5.49
VILLA TOSCANA	Meatlovers Ham, sausage and pepperoni with mozzarella & pizza sauce \$4.09	Vegetable Supreme Mushrooms, onions, peppers, tomatoes and black olives with mozzarella and pizza sauce. \$4.09	BBQ Chicken Grilled chicken with onions, cilantro, mozzarella and bbq sauce \$4.09	White Pizza Ricotta, mozzarella, parmesan and fresh garlic \$4.09	Pepperoni Pepperoni, mozzarella, & pizza sauce \$4.09
du Jour	A Chicken Fiesta	 Black Bean & Sausage  Chicken Tortellini	Ham and Potato White Bean Escarole	Minestrone Beef Enchilada	Rustic Butternut Squash Pasta Fagioli

Dietician's Choice



= Better-for-You Choices at Every Meal

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

