










Week 4

Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Day Breakers	Sausage and Cheddar Scramble \$3.49	Bacon Egg and Cheese French Toast \$3.99	Egg, Potato and Cheese Breakfast Burrito \$3.49	Vegetable Egg Scramble \$3.49	Blueberry Pancakes \$3.49
Scrambled, Hardboiled, and Cheese Eggs, Breakfast Potatoes, Bacon, Sausage, and other Early Morning Favorites Served Daily					
<i>Main Plate</i>	Buffalo Chicken Wings Regular or BBQ sauce. \$6.49 Combo \$4.49 A la Carte	Taco Tuesday A variety of proteins & toppings \$6.49 Combo \$4.49 A la Carte	Pasta Bar A Variety of Pasta, Sauces, and Proteins \$8.49 Combo \$6.49 A la Carte	Macaroni and Cheese Baked elbow macaroni with homemade cheese sauce. \$6.49 Combo \$4.49 A la Carte	Asian Crab Cake with Siracha Seared lump crab cake with siracha oiloi. \$8.49 Combo \$6.49 A la Carte 
<i>Main Plate</i>	Meatloaf Classic homestyle baked meatloaf. \$6.49 Combo \$4.49 A la Carte			Eggplant Parm Stack Breaded eggplant baked with mozzarella and marinara \$6.49 Combo \$4.49 A la Carte	Farmers Pot Roast with Veggies Slow roasted pot roast with fresh thyme, basil and roasted vegetables. \$8.49 Combo \$6.49 A la Carte
J. CLARK'S GRILLE	Chicken Parmesan Sandwich Grilled parmesan chicken breast on a broche bun with lettuce and tomato \$5.49	Applewood Ham Pretzel Sandwich Smoked ham & american cheese served hot on a bavarian pretzel roll \$5.49	Chipotle Patty Melt Grilled burger with pepper jack cheese, grilled onions and chipotle mayo grilled together on white bread. \$5.49	Pulled Pork and Pineapple Quesadilla Spicy pulled pork & pepper jack cheese grilled in a jalapeno quesadilla topped with pineapple kiwi salsa . \$5.49	Smoked Brisket & Gouda Melt Smoked brisket, smoked gouda cheese & caramelized onions grilled on sourdough bread. \$6.49
MARKET ST. DELI	Chipotle Chicken Salad Chicken salad with cilantro mayo, chipotle pepper, pickled onion, sliced avocado & bacon on a pretzel bun. \$5.49	Turkey, Avocado and Blue Cheese Croissant Turkey, avocado, applewood bacon, and blue cheese on a croissant. \$6.49	Black Bean & Roasted Vegetable Wrap Black beans, roasted veggies, sundried tomato tapenade in a whole wheat tortilla with spring mix & onion \$5.49 	Asian Lettuce Wraps Diced chicken, Asian vegetables, water chestnuts & hoin sesame ginger dressing \$5.49	Classic Italian Ham, salami and provolone with lettuce, tomato, onion, oil & vinegar on a sub roll \$5.49
VILLA TOSCANA	Margherita Fresh mozzarella, basil and tomato with pizza sauce. \$4.09 	Supreme Ground beef, Italian sausage, onions, bell peppers black olives, mozzarella & pizza sauce \$4.09	Caramelized Onion & Mushroom Sliced mushrooms, caramelized onions, red bell pepper, mozzarella and pizza sauce. \$4.09	Sausage and Pepperoni Italian sausage, pepperoni, mozzarella & pizza sauce \$4.09	Buffalo Chicken Spicy chicken with blue cheese dressing and mozzarella cheese \$4.09
duJour	Creamy Mushroom Soup Mexican Corn Soup	Spicy Tomato Seafood Chowder  Italian Wedding	Home-style Chicken and Rice  Baked Potato 	Amish Noodle White Chicken Chili	Tomato Basil  Cheeseburger Chowder

Dietician's Choice



= Better-for-You Choices at Every Meal

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

