

Weekly Specials

May 20th through May 26th

Specials below are available, daily, Monday through Saturday
at 11:30am (with the exception of the Sunday special–
available Sunday at 10am).

ENTRÉE: Resident \$8 Guest \$11



Chicken Normandy– Pan seared chicken thigh topped with an apple, bacon, cream, white wine, thyme, apple cider and onion sauce; served with roasted root vegetables, steamed cauliflower and a choice of salad or fruit.

Kcal: 701 Sodium: 850mg Carbs: 45g

ENTRÉE: Resident \$6 Guest \$9

Baked Ziti– Ziti noodles tossed with an Italian sausage marinara sauce and topped with parsley and parmesan cheese; served with garlic bread and a choice of salad or fruit.

Kcal: 330 Sodium: 649mg Carbs: 32g

ENTRÉE: Resident \$8 Guest \$11



Mediterranean Cod– Baked cod topped with slow stewed tomatoes, basil, Kalamata olives, fennel, onion and oregano; served over cous cous, roasted egg plant and with a choice of salad or fruit.

Kcal: 569 Sodium: 301mg Carbs: 87g

VEGETARIAN: Resident \$5 Guest \$8



Three Cheese Tortellini– Tortellini stuffed with cheese and tossed in pesto sauce and fire roasted tomatoes; served with garlic bread and with a choice of fruit.

Kcal: 802 Sodium: 1128mg Carbs: 92g

BRUNCH: Resident \$6 Guest \$9



English Breakfast– Two eggs any style, served with roasted tomatoes, baked beans, sautéed mushrooms, hash browns, bacon and a banger,

Kcal: 634 Sodium: 1353mg Carbs: 46g

WEEKLY SOUPS

MONDAY

Italian Wedding Soup

Kcal: 295 Sodium: 442mg Carbs: 38g

TUESDAY



Manhattan Clam Chowder

Kcal: 141 Sodium: 283mg Carbs: 9g

WEDNESDAY



Chicken Tortilla

Kcal: 165 Sodium: 285mg Carbs: 14g

THURSDAY



French Onion

Kcal: 142 Sodium: 237mg Carbs: 17g

FRIDAY

New England Clam Chowder

Kcal: 191 Sodium: 232mg Carbs: 24g

SATURDAY

Beer Cheese

Kcal: 487 Sodium: 273mg Carbs: 21g

SUNDAY



Chicken and Wild Rice

Kcal: 103 Sodium: 202mg Carbs: 9g