

Weekly Specials

May 13th through May 19th

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

ENTREE: Resident \$7 Guest \$10

Chicken Cordon Bleu— Breaded chicken breast stuffed with ham and Swiss cheese and baked and topped with a honey-Dijon mustard sauce; served with mashed potatoes and steamed green beans.

Kcal: 638 Sodium: 1223mg Carbs: 48g

ENTRÉE: Resident \$7 Guest \$10



Cajun Trout— Filet of trout seasoned with Cajun seasoning (paprika, kosher salt, garlic powder, ground black pepper, ground white pepper, onion powder, dried oregano, cayenne, thyme) lightly pan-fried and served with dirty rice (white rice with Cajun seasoning, sage and pork sausage) and sautéed trinity vegetables (onions, bell peppers and celery).

Kcal: 582 Sodium: 385mg Carbs: 54g

ENTRÉE: Resident \$6 Guest \$9



Taco Salad— Fried flour tortilla shell filled with seasoned ground beef or tofu (chili powder, garlic, cumin, oregano, salt and pepper), pinto beans, shredded lettuce, pico de gallo, olives, shredded cheese topped with guacamole and sour cream. Opt for no shell for a gluten free option and substitute Mexican tofu for vegetarian option.

Kcal: 592 Sodium: 660mg Carbs: 22g

VEGETARIAN: Resident \$7 Guest \$10



Crispy Brussels Sprout Salad— Entrée sized salad made of fried Brussels, tossed with apples, almonds, goat cheese, mixed greens and a maple-citrus vinaigrette; served over quinoa and brown rice.

Kcal: 360 Sodium: 242mg Carbs: 22g

BRUNCH: Sunday's only- Resident \$7 Guest \$10



Corned Beef Hash—Corned beef tossed with sautéed diced potatoes, bell peppers, onions, chicken stock, stone ground mustard, fried and topped with two over medium eggs; served with fruit.

Kcal: 308 Sodium: 980mg Carbs: 40g

WEEKLY SOUPS

MONDAY



GS

Sweet Summer Corn and Onion

Kcal: 242 Sodium: 147mg Carbs: 10g

TUESDAY



GS

Tomato Basil

Kcal: 165 Sodium: 283mg Carbs: 9g

WEDNESDAY



GS

Vegetable Garden

Kcal: 32 Sodium: 218mg Carbs: 7g

THURSDAY

Split Pea and Ham

Kcal: 158 Sodium: 347mg Carbs: 22g

FRIDAY

New England Clam Chowder

Kcal: 191 Sodium: 232mg Carbs: 24g

SATURDAY

Beef and Barley

Kcal: 183 Sodium: 156mg Carbs: 10g

SUNDAY



Bean and Bacon

Kcal: 135 Sodium: 424mg Carbs: 21g