

~ Good to Go ~

Please call 781-4460 before 12:00 for same day meal service. Deliveries are made between 4:45 and 5:15. Please be home to accept delivery. Pick ups are ready at 4:45 or 6:00 by request.

Delivery charge of \$6.00 per address applies

Our appetizers, entrees & side selections sides are prepared on the premises

Please notify us of any allergies at time of order.

MONDAY

Pasta Fagioli Soup (df) \$5.95~ Green Salad \$5.95 Fresh Fruit Cup \$5.95

Lamb Meatballs (gf) w/ Two sides \$20.95

Eggplant Parmesan w/ Two sides \$20.95

OceanView Burger on a Roll w/ two sides \$20.95

Seared Salmon Filet (gf,df) w/ two sides \$20.95

Spaghetti (df) ~ Peppers & Onion (gf,df) ~ Mashed Turnip (gf,df)

Cheesecake or Cake Bomb \$6.95

TUESDAY

Cream of Broccoli Soup \$5.95~ Green Salad \$5.95 ~ Fresh Fruit Cup \$5.95

Pork Tenderloin with Cranberry Orange Sauce (gf, df) w/ Two Sides \$20.95

Baked Haddock with Crumb Topping w/ Two sides \$20.95

OceanView Burger on a Roll w/ two sides \$20.95

Seared Salmon Filet (gf, df) w/ two sides \$20.95

Stuffing~ Acorn Squash (gf) ~ Cauliflower (gf, df)

Cheesecake or Cake Bomb \$6.95

October 20-24 Week 6

WEDNESDAY ~

Minestrone Soup (df) \$5.95~ Green Salad \$5.95 - Fresh Fruit Cup \$5.95

Roast Beef Sirloin au Jus (gf, df) w/ two sides \$20.95

Sausage Stuffed Pepper (gf) w/ two sides \$20.95

OceanView Burger on a Roll w/ two sides \$20.95

Seared Salmon Filet (gf, df) w/ two sides \$20.95

Yukon Gold Whipped Potatoes (gf) ~ Broccoli (gf,df) ~ Succotash (gf,df)

Cheesecake or Cake Bomb \$6.95

THURSDAY

Chicken Noodle Soup (df) \$5.95 ~ Green Salad \$5.95 - Fresh Fruit Cup \$5.95

Yankee Pot Roast w/ two sides \$20.95

Chicken Marbella (gf, df) w/ two sides \$20.95

Seared Salmon Filet (gf, df) w/ two sides \$20.95

OceanView Burger on a Roll w/ two sides \$20.95

Apple Couscous (df)~ Roasted Root Vegetables (gf, df) ~

Stewed Tomatoes (gf, df)

Cheesecake or Cake Bomb \$6.95

FRIDAY

Butternut Squash Bisque \$5.95~ Green Salad \$5.95 - Fresh Fruit Cup \$5.95

Coconut Shrimp Sauté (gf, df) w/ two sides \$20.95

Honey Ginger Chicken Thighs (gf, df) w/ two sides \$20.95

OceanView Burger on a Roll w/ two sides \$20.95

Seared Salmon Filet (gf, df) w/ two sides \$20.95

Orange Rice (gf, df) ~ Bok Choy (gf, df) ~ Baby Carrots (gf, df)

Cheesecake or Cake Bomb \$6.95