

Ocean View Menu Selections

MONDAY

Mushroom Marsala Soup ~ House Salad (*gf,df*) ~ Fresh Fruit Cup (*gf,df*)

Cobb Salad (*gf*)

Shrimp Burger (*df*)

Creamy Corn Polenta (*gf*) ~ Peas (*gf,df*) ~ Carrots (*gf,df*)

Blueberry Cobbler ~ Cookies and Ice Cream Selections

Gluten Free and Sugar Free Available

TUESDAY

Minestrone Soup (*df*) ~ House Salad (*gf,df*) ~ Fresh Fruit Cup (*gf,df*)

Savory Pork Tenderloin (*gf,df*)

Caprese Chicken Salad (*gf*)

Mashed Sweet Potato (*gf*) ~ Vegetable Medley (*gf,df*) ~ Napa Cabbage (*gf,df*)

Lemon Cupcake ~ Cookies and Ice Cream Selections

Gluten Free and Sugar Free Available

WEDNESDAY

Sweet Potato and Leek Soup (*gf*) ~ House Salad (*gf,df*) ~ Fresh Fruit Cup (*gf,df*)

Roast Beef Ribeye au Jus (*gf,df*)

Baked Haddock with Crumb Topping

Whipped Yukon Gold Potatoes (*gf*) ~ Summer Squash (*gf,df*) ~

Chick Pea & Roasted Red Pepper Salad (*gf,df*)

Strawberry Shortcake ~ Cookies and Ice Cream Selections

Gluten Free and Sugar Free Available

September 14-20, Week 5

THURSDAY

Ham and Bean Soup (*gf,df*) ~ House Salad (*gf,df*) ~ Fresh Fruit Cup (*gf,df*)

Baked Shrimp with Feta & Vegetables (*gf*)

Roast Duck Salad with Raspberries (*gf,df*)

Orzo (*df*) ~ Blistered Cherry Tomatoes (*gf,df*) ~ Baby Spinach Sauté (*gf,df*)

Peach Raspberry Crisp ~ Cookies and Ice Cream Selections

Gluten Free and Sugar Free Available

FRIDAY

Clam Chowder ~ House Salad (*gf,df*) ~ Fresh Fruit Cup (*gf,df*)

Chicken A la King

Baked Mahi Mahi with Scallion & Ginger Butter (*gf*)

Egg Noodles ~ Fresh Green Beans (*gf,df*) ~ Roasted Cauliflower (*gf,df*)

Home Made Chocolate Pudding ~ Cookies and Ice Cream Selections

GF and Sugar Free Available

SUNDAY BRUNCH

Cream of Tomato Soup ~ House Salad (*gf,df*) ~ Fresh Fruit Cup (*gf,df*)

Baked Ham (*gf,df*)

Pasta Primavera

Fruit & Berry Salad Plate w/ Cottage Cheese & Grilled Banana Bread

Baked Sweet Potato (*gf,df*) ~

Fresh Asparagus (*gf,df*) ~

Roasted Vegetables (*gf,df*)

Peach Pie ~ Cookies and Ice Cream Selections

SATURDAY BREAKFAST

Baked Pastry Selection

Fresh Berries, Greek Yogurt & Granola

Old Fashioned Oatmeal

Blueberry Pancakes

Scrambled Eggs

Chef's Special Breakfast

Bacon, Sausage