

# Weekly Menu

Sept. 18-22, 2023

## Chef's Selection

### Tuesday: Wing Bar

Served with vegetable fried rice, celery & carrot sticks

### Wednesday: Italian Pasta Toss

Served with your choice of protein and seasonal vegetables sautéed with marinara or creamy Alfredo sauce

### Thursday: Teriyaki Stir Fry

Steak, shrimp, chicken or tofu served over rice

## Weekly Specials

### \$3 Breakfast

+ one 16oz drink

Southern  
chicken biscuit

### \$5 Lunch

+ one side item & 16oz drink

Grilled tuna melt  
Corned beef Rubeen  
Black bean quesadilla with salsa

## Homestyle Entrée

### Monday: Southern Fried Chicken

Served with baked macaroni and cheese and seasoned collard greens

### Tuesday: Beef Pepper Steaks

Served with steamed rice and Lyonnais carrots

### Wednesday: Lemon Pepper Baked Salmon

Served with vegetable quinoa and steamed vegetable medley

### Thursday: Caribbean Style Jerk Chicken

Served with yellow seasoned rice, broccoli, and cauliflower

### Friday: Fresh Fish Fillet

Served with seasoned potato wedges and coleslaw

## Soups of the Day

**Monday:** House-made Chili / Minestrone

**Tuesday:** Vegetable Beef / Broccoli Cheddar

**Wednesday:** Chicken Florentine / Tomato Basil

**Thursday:** Sweet Potato Curry / Brunswick Stew

**Friday:** Chicken Gumbo / Loaded Potato

## Build Your Own Pizza, Sandwich, or Flatbread

Includes three complimentary toppings. Additional toppings: \$0.69 each

## Grab & Go Selection

Pre-Packaged Assorted Salads

## International Flavors and Fusion

### Tuesday: Taqueria Station

Our house marinated chicken, beef, tofu, or pork served as a taco, burrito, or bowl with rice and beans  
*(complimentary toppings included)*

### Wednesday: Taqueria Station

Our house marinated chicken, beef, tofu, or pork served as a taco, burrito, or bowl with rice and beans  
*(complimentary toppings included)*

### Thursday: Hog Mountain BBQ

Slow smoked house meats and poultry served with BBQ baked beans and coleslaw

## Hours of Operation

Breakfast: 7:00a.m. - 10:00a.m.

Lunch: 11:00a.m. - 1:30p.m.