

Weekly Menu

May 18- 22, 2026

Chef's Selection

Tuesday: Ultimate Salad Bar

Served with chopped romaine, mixed greens, cherry tomatoes, cucumbers, red onions, peppers, olives, carrots, mushrooms, baby peas, chickpeas, jalapenos, banana peppers, broccoli, corn, black beans and your choice of chicken, shrimp or steak

Wednesday: Italian Pasta Toss

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

Thursday: Wing Bar

Served with wings tossed to order in your choice of sauce, served with fried rice and celery and carrots

Soups of the Day

Monday: Beef Chili/
Vegetarian Bean Chili

Tuesday: Chicken Noodle/
Broccoli Cheddar

Wednesday: Chicken
Tortilla/ Tomato Basil

Thursday: Beef and
Rice/Garden Vegetable

Friday: Chef's Choice

Build Your Own

Pizza or Flatbread

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

Grab & Go Selection

Pre-Packaged Assorted Salads and Sandwiches

Bigg Cap Chicken Sandwich
Seasoned Potato Wedges

Weekly Specials

\$3 Breakfast

+ one 16oz drink

Blueberry Pancake
with Two Slices of
Bacon

\$5 Lunch

+ one side item & 16oz drink

Nashville Hot Chicken Sandwich
Black Bean Quesadilla with Salsa

Homestyle Entrée

Monday: Southern Fried Chicken

Served with baked macaroni and cheese and seasoned greens

Tuesday: Meatloaf with Tomato Gravy

Served with steamed rice and Carrots Lyonnaise

Wednesday: Blackened Salmon

Served with brown rice and barley pilaf and steamed broccoli

Thursday: Curry Lamb

Served with steamed potatoes and a vegetable medley

Friday: Fresh Fish Fillet

Served with roasted potatoes and coleslaw

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 baked beans and coleslaw

Hours of Operation

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

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