



Monday May 17th, 2021-

1- Roasted Pork Tenderloin (Chicken Breast) w/ Cinnamon Apples served w/Orange Essence Sweet Potatoes & Roasted Broccoli Medley...\$15 + t

2-Citrus Grilled Chicken (Salmon) on Organic Greens with Strawberries, Blueberries, Feta, Hearts of Palm, Cinnamon Pecans and Strawberry Vinaigrette.... \$15/17 + tax

Tuesday May 18th, 2021

1- Fresh Ham & Cheese Quiche or Greek Style Veggie Quiche served with fresh fruit and Garden Veggie Pasta Salad...\$14 + tax **Can Be Made Crustless to be Gluten Free

2- Mediterranean Chicken (Salmon) Sauté in "Power Pesto" with Basil, Spinach & Kale with Corn and Baby Tomatoes w/ a little Feta & served over Spaghetti Squash (Regular Noodles) ...\$15/17+t

Wednesday May 19th, 2021-

1- Gourmet Salmon Cakes (made from Wild caught Salmon) or Chicken Croquettes with an Herb Dip, Apple Slaw with Cranberries & Baby Green Bean Medley...\$17/15+t

2- Chicken & Dumplings (can be GF) packed with Veggies and Chopped side salad with Cabbage, Apples, Cheddar, Cinnamon Walnuts and Lime-Cilantro Vinaigrette...\$14 + tax

Thursday May 20th, 2021-

1- Pan Seared Ahi Tuna (Chicken) Deconstructed Bowl-Lime Ginger Sauce w/Sticky Coconut & Lime Rice, Asian Vegetable Medley, Avocado Salsa & Spiced Cashews...\$17/15 + tax

2- Gluten Free Veggie & 3-Cheese OR Three Meat (Beef, Pork & Italian Sausage) & 3-Cheese Lasagna served w/ an Italian Side Salad w/ Artichokes, Tomatoes & Feta Vinaigrette...\$16 +

Available Monday-Wednesday

*Whole Roasted Organic Chicken w/Root Vegetables & Broccoli..... \$28.50+tax

*Signature Chicken Salad with Oranges, Pecans & Apple...\$8.95/#

**All Meals can be Gluten-Free

*Substitutions Available

****Please Allow a minimum of 24-Hour Notice**