

# SUNDAY'S SPECIALS



## SOUPS

### **Tuscan Vegetable**

A hearty vegetable soup simmered in vegetable stock with tomatoes, parmesan cheese and egg.

### **HC Soup of the Month**

### **Chicken Broth**

## APPETIZERS & SALADS

### **Asparagus, Pine Nut, Goat Cheese**

Grilled asparagus finished with toasted pine nuts and crumbled goat cheese on bibb lettuce with a drizzle of olive oil.

**Healthier Choice ~ no cheese, dressing of choice**

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,  
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

## TODAY'S CATCH

### **Mediterranean Baked Cod**

Fresh scrod filet baked with sautéed mediterranean style vegetables with olive oil.

**Healthier Choice ~ Baked Scrod, lemon, white wine, parsley**

## MAIN ENTREES

### **Chicken Scallopini**

A lightly browned chicken breast sautéed with butter, onions, mushrooms, garlic, white wine and cream.

**Healthier Choice ~ Mrs. Dash Grilled Chicken Breast**

### **Turkey Pesto Panini**

Sliced turkey served on a grilled French bread panini with pesto sauce (pine nuts omitted), fresh mozzarella cheese and sliced tomato.

**Pasta du Jour ~ Available daily, ask your server**

## ACCOMPANIMENTS

### **Garlic Oven Roasted Potatoes ~ HC Steamed New Potatoes**

### **Bleu Cheese Crusted Tomato**

### **HC Broiled Tomato**

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries, Pasta Marinara, Carrots, Broccoli, Steamed or Sautéed Spinach

### **Meat Temperature Guide:**

**Rare ~ cool red center, Medium Rare ~ warm red center,**

**Medium ~ pink center, Medium Well ~ minimum pink, Well Done ~ no pink**

\*Contains a spicy ingredient

‡ Consumption of raw or undercooked foods of animal origin may increase your risk of food borne illness. Consumers who are especially vulnerable to food borne illness should only eat food from animals thoroughly cooked.

HC - Healthier Choice

# MONDAY'S SPECIALS



## SOUPS

### **Chic Pea Pasta**

A medley of fresh sautéed vegetables simmered in vegetable stock and finished with cheddar cheese and cream.

### **HC Soup of the Month**

### **Chicken Broth**

## APPETIZERS & SALADS

### **Asparagus, Pine Nut, Goat Cheese**

Grilled asparagus finished with toasted pine nuts and crumbled goat cheese on bibb lettuce with a drizzle of olive oil.

**Healthier Choice ~ no cheese, dressing of choice**

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,  
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

## TODAY'S CATCH

### **Catch du Jour**

Ask your server about today's featured catch.

**Healthier Choice ~ Available**

## MAIN ENTREES

### **Lemon Walnut Chicken**

A sautéed chicken breast with flour, olive oil, chicken stock, and finished with caramelized onions, chopped walnuts, lemon and parsley garnish.

**Healthier Choice ~ Grilled Marinated Chicken Breast**

### **\*Beef Ribs with Chipotle BBQ Sauce**

Dry rubbed and slow cooked ribs with our house-made chipotle barbeque sauce.

**Pasta du Jour ~ Available daily, ask your server**

## ACCOMPANIMENTS

### **HC Basmati Rice**

### **HC Corn on the Cobb**

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries,  
Pasta Marinara, Carrots, Broccoli, Steamed or Sautéed Spinach

### **Meat Temperature Guide:**

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## TUESDAY'S SPECIALS



### SOUPS

#### **Cantaloupe Bisque**

Served chilled, (contains orange juice, vanilla ice cream, ginger ale, honey and mint garnish).

#### **HC Soup of the Month**

#### **Chicken Broth**

### APPETIZERS & SALADS

#### **Asparagus, Pine Nut, Goat Cheese**

Grilled asparagus finished with toasted pine nuts and crumbled goat cheese on bibb lettuce with a drizzle of olive oil.

**Healthier Choice ~ no cheese, dressing of choice**

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,  
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

### TODAY'S CATCH

#### **Panko Parmesan Haddock Piccata**

Fresh haddock sautéed in a panko parmesan coating (contains egg) and finished with a white wine and shallot reduction with lemon, capers and parsley.

**Healthier Choice ~ Baked Haddock, lemon, white wine**

### MAIN ENTREES

#### **‡ Roast Tenderloin of Beef**

Cooked to your liking.

**Healthier Choice ~ no added salt**

#### **Grilled Portobello Sandwich**

A grilled portobello mushroom cap with roasted red peppers, provolone cheese and pesto sauce; served on a brioche roll with bibb lettuce.

**Pasta du Jour ~ Available daily, ask your server**

### ACCOMPANIMENTS

#### **Lyonnais Potatoes**

#### **HC Baked Potato**

#### **HC Steamed Broccoli**

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries,  
Pasta Marinara, Carrots, Broccoli, Steamed or Sautéed Spinach

### **Meat Temperature Guide:**

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# WEDNESDAY'S SPECIALS



## SOUPS

### **Indonesian Soba Noodles**

Chicken meat simmered in chicken broth with sweet potatoes, cabbage, soy sauce, lime, cilantro, ginger, scallions and soba noodles.

### **HC Soup of the Month**

### **Chicken Broth**

## APPETIZERS & SALADS

### **Tableside Caesar Salad**

Crisp romaine lettuce tossed with Caesar dressing, croutons and fresh parmesan cheese.

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,  
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

## TODAY'S CATCH

### **\*Shrimp Enchilada**

Freshly sautéed shrimp with seasonings baked in a tortilla wrap with mild green salsa, sour cream, Cotija cheese, Monterey jack and garnished with chopped red onion, radish slices, jalapeno and cilantro.

**Healthier Choice ~ Baked Shrimp, lemon, white wine**

## MAIN ENTREES

### **Cheesy Asparagus Stuffed Chicken**

A seasoned, stuffed chicken breast baked with asparagus, mozzarella cheese, sundried tomatoes, butter and lemon juice.

**Healthier Choice ~ Grilled Marinated Chicken Breast**

### **‡ Brazilian Steak**

Sautéed skirt steak served sliced and finished with garlic butter and fresh parsley garnish.

**Pasta du Jour ~ Available daily, ask your server**

## ACCOMPANIMENTS

### **Pesto Mashed Potatoes**

### **HC Baked Potato**

### **Crisp Balsamic Brussels Sprouts**

### **HC Steamed Brussels Sprouts**

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries, Pasta Marinara, Carrots, Broccoli, Steamed or Sautéed Spinach

## **Meat Temperature Guide:**

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## THURSDAY'S SPECIALS



### SOUPS

#### **Vichyssoise**

Sautéed leeks, onions, celery and garlic, simmered with vegetable stock and potatoes, pureed with sour cream and cream then served chilled; garnished with chives.

#### **HC Soup of the Month**

#### **Chicken Broth**

### APPETIZERS & SALADS

#### **Asparagus, Pine Nut, Goat Cheese**

Grilled asparagus finished with toasted pine nuts and crumbled goat cheese on bibb lettuce with a drizzle of olive oil.

**Healthier Choice ~ no cheese, dressing of choice**

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,**

**NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

### TODAY'S CATCH

#### **Garlic Butter Scallops**

Fresh scallops baked with garlic butter, white wine and a sprinkle of bread crumbs; served with lemon wedge.

**Healthier Choice ~ Scallops, lemon, white wine**

### MAIN ENTREES

#### **\*‡ Lamb Chop Diavola**

Seasoned, grilled lamb chop drizzled with olive oil, garlic, a pinch of red pepper flakes, lemon and white wine.

**Healthier Choice**

#### **Chicken Milanese**

Fresh chicken breast sautéed with parmesan bread crumbs (contains egg) and topped with arugula and grape tomatoes in a lemon vinaigrette.

**Pasta du Jour ~ Available daily, ask your server**

### ACCOMPANIMENTS

**Brown Rice & Pine Nuts ~ HC Steamed Brown Rice**

**Lemon Parmesan Asparagus ~ HC Steamed Asparagus, lemon zest**

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries, Pasta Marinara, Carrots, Broccoli, Steamed or Sautéed Spinach

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# FRIDAY'S SPECIALS



## SOUPS

### **Saffron Seafood Chowder**

A medley of fish and shellfish simmered with saffron, vegetables, potatoes and cream.

### **HC Soup of the Month**

### **Chicken Broth**

## APPETIZERS & SALADS

### **Asparagus, Pine Nut, Goat Cheese**

Grilled asparagus finished with toasted pine nuts and crumbled goat cheese on bibb lettuce with a drizzle of olive oil.

**Healthier Choice ~ no cheese, dressing of choice**

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,  
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

## TODAY'S CATCH

### **Local Sea Bass**

Baked sea bass with olive oil, garlic, white wine and lemon served with a jicama mango slaw with a honey, cumin, lime juice dressing.

**Healthier Choice ~ no added salt, slaw contains honey**

## MAIN ENTREES

### **\*Chicken, Spinach & Artichoke Lasagna**

Shredded chicken blended with sour cream, artichokes, spinach, fresh basil, red pepper flakes; layered and baked with lasagna noodles, cream sauce, mozzarella and provolone cheese.

### **Veal au Naturele**

Sautéed veal cutlet with a lemon, white wine reduction, beef stock and parsley garnish.

**Healthier Choice ~ Veal Marinara (sautéed cutlet with marinara sauce)**

**Pasta du Jour ~ Available daily, ask your server**

## ACCOMPANIMENTS

### **Rissole Potatoes ~ HC Boiled Potatoes**

### **Sautéed Summer Squash & Spinach**

### **HC Steamed Summer Squash**

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries,  
Pasta Marinara, Carrots, Broccoli, Steamed or Sautéed Spinach

### **Meat Temperature Guide:**

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# SATURDAY'S SPECIALS



## SOUPS

### **Turkey Vegetable**

Turkey meat simmered with zucchini, summer squash, seasonings, vegetables and rice.

### **HC Soup of the Month**

### **Chicken Broth**

## APPETIZERS & SALADS

### **Asparagus, Pine Nut, Goat Cheese**

Grilled asparagus finished with toasted pine nuts and crumbled goat cheese on bibb lettuce with a drizzle of olive oil.

**Healthier Choice ~ no cheese, dressing of choice**

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,  
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

## TODAY'S CATCH

### **Grilled Salmon Maître d'hôtel**

A fresh grilled salmon filet finished with a lemon, parsley, butter sauce.

**Healthier Choice ~ Salmon, lemon, white wine, no sauce**

## MAIN ENTREES

### **Roasted Half Chicken**

A marinated half chicken roasted with fresh herbs and served au jus.

**Healthier Choice**

### **Cauliflower Crusted Pizza**

Chef's choice, ask your server about today's special.

**Pasta du Jour ~ Available daily, ask your server**

## ACCOMPANIMENTS

### **HC Vegetable Pilaf**

### **HC Mandarin Orange Carrots**

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries,  
Pasta Marinara, Carrots, Broccoli, Steamed or Sautéed Spinach

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