

Main

FEATURES

MONDAY

Okra

TUESDAY

Tavola italiana

WEDNESDAY

smoke house

THURSDAY

chef inspired

FRIDAY

king tide seafood

MONDAY

oven fried pork chop

sunday pot roast

mashed potato

red beans and rice

sauteed broccolini

hot honey brussels sprouts

On the go : cheese pizza

TUESDAY

chicken cacciatore

garlic and herb shrimp
scampi

creamy farro risotto with
mushroom

whole wheat penne
sauteed kale

roasted cauliflower

On the go :chicken parm
on a club roll

WEDNESDAY

jerk turkey

nashville breaded chicken
beast
smoked gouda mac 'n
cheese

roasted potato

braised cabbage

steamed green beans

On the go :shrimp po boy

THURSDAY

black pepper chicken

beef and broccoli

rice
Noodles

green beans
carrots

On the go :southwestern
chicken lettuce wraps

FRIDAY

citrus burgundy chicken

butter herbed salmon

potato hash browns with
peppers & onions

fennel rice

sweet & spicy brussels
sprouts

maple roasted squash

On the go: bbq wings

SOUPS

Monday

chicken noodles soup

Tuesday

beef barley soup

Wednesday

Caribbean style jerk soup

Thursday

minestrone

Friday

new England clam chowder

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