

Main

FEATURES

MONDAY

tavola
Italiana

TUESDAY

verde

WEDNESDAY

smoke house

THURSDAY

chef inspired

FRIDAY

king tide seafood

MONDAY

chicken parmesan

beef meatballs
spaghetti

gluten free penne
Penne pasta

marinara sauce

zucchini and tomato ·
roasted cauliflower

EHOTG : pesto steak with
potato broccoli 

TUESDAY

chicken enchiladas

beef enchiladas

beef taco

cilantro Lime Rice

grilled peppers & onions

cuban black Beans
mexican corn

EHOTG :teriyaki salmon
rainbow brown rice 

WEDNESDAY

slow cooker brisket

bbq chicken

mashed potato

baked sweet potato

steamed green beans

roasted carrots

on the go: roasted
chicken quinoa 

THURSDAY

hoisin glazed beef

chicken teriyaki

lo mein noodles

steamed jasmine rice

sesame broccoli and
carrots

snow peas and mushroom

EHOTG : tofu broccoli
bowl 

FRIDAY

red white and BBQ

butter herbed salmon

wild rice pilaf

couscous

maple roasted brussels
sprouts

roasted zucchini

EHOTG :loaded sweet
potato 

SOUPS

Monday

chicken noodle soup

Tuesday

southwest chicken tortilla

Wednesday

Beef barley sup

Thursday

Lentil soup

Friday

clam chowder

CONNECT WITH US