

	Monday April 30	Tuesday May 1	Wednesday May 2 Strawberry Festival	Thursday May 3	Friday May 4 Cinco De Mayo
Soup 8oz \$2.00 12oz 2.65 16oz 3.25	Turkey Noodle	Chicken Gumbo	Chicken Noodle	Chili con Carne 8oz. \$2.55 12oz. \$3.10 16oz. \$3.60	House Bean
Soup 8oz \$2.00 12oz 2.65 16oz 3.25	House Bean	Broccoli & Cheese*	Potato, Bacon & Cheddar	Tomato Basil*	Maryland Crab
Grill Special	Meatball Hoagie, Marinara, Provolone	Chicken Cheese Steak	Mushroom & Swiss Burger	Grilled Chicken, Avocado, Tomato, Monterey Jack	Fish & Chips
Main Course \$5.25 - \$6.95	Chicken Parmesan	Pepper Steak	House Fried Chicken	Jerk Sliced Pork Shoulder, Pineapple Salsa	Chicken Enchiladas
Main Course \$5.25-6.95	Country Meatloaf	Sweet & Sour Chicken	Salmon Cakes	Roast Turkey	Baked Catfish, Pico De Gallo
Side Dish	Green Peas, Onions*	Asparagus, Black Sesame Seeds*	Macaroni & Cheese*	Roast Garlic Mashed Potatoes & Gravy	Mexican Rice, Tomatoes, Onion
Side Dish	Steamed Broccoli Florets*	Vegetable Eggroll*	Corn on the Cob*	Stuffing	Pinto Beans, Salt Pork, Onions
Side Dish	Mashed Potatoes, Gravy	Steamed Jasmine Rice*	Braised Collard Greens, Ham	Green Beans*	Vegetable Sauté*
Salad Bar Antipasti \$0.48 per oz	Cucumbers, Tomato & Feta Cheese* Lentil, Spinach*	Roast Butternut Squash, Celery, Onions, Red Peppers, Toasted Cumin Dressing* Balsamic Braised Red Cabbage, Apples, Toasted Walnuts*	Roast Asparagus, Portabella Mushrooms, Bell Peppers* Oranges, Strawberries, Sunflower Seeds, Spinach*	Wheat Berries, Dried Apricot, Toasted Pumpkin Seeds* Curried Raisin Sweet Potato Salad*	Artichokes, Black Olives, Red Peppers, Oregano* Gemelli Pasta, Grilled Zucchini, Tomatoes, Blue Cheese *
"Fit" Specialty Salads	Lemon Poached Chicken, Asparagus, Watercress	Mango, Scallops, Jicama Salad	Tuna Nicoise Salad, Haricot Verts, Fingerling Potatoes, Red Onions, Bibb Lettuce	Peppered Beef, Arugula, Asparagus, Red Onion, Parsley	Waldorf Salad*
"Fit" Specialty Sandwich	Roast Turkey, Alpine Lace, Rhubarb Chutney, Whole Wheat Roll	Poached Wild Salmon, Cucumber, Tomato, Dill Yogurt, Black Bread	Vegetarian "PLT"* (Portabella, Lettuce, Tomato)	Grilled Chicken, Roast Pear, Cranberry Mustard, Semolina	Pain Bagnat, Tuna, Red Onion, Capers, Haricots Verts, Whole Wheat

All prices are noted on the left unless noted in the individual box. Prices are subject to change with availability of product.

*Denotes Meatless Dish