












DETAILS	PRICE
Thursday, December 1st	
Roasted Onion Soup  	\$1.89 / \$2.39 / \$2.69
Farmers Meatloaf 	\$3.59
Crispy Parmesan Pollock 	\$3.69
Roasted Potatoes	\$1.09
Mashed Sweet Potatoes ( 4oz.)	\$1.09
Green Beans & Carrots ( 4oz.)	\$1.09
Summer Squash  ( 4oz.)	\$1.09
WORLD CUISINE: Grilled Chicken Salad	\$5.49
PANINI: Ham & Swiss	\$4.99
Friday, December 2nd	
Clam Chowder	\$2.19 / \$2.49 / \$2.79
Pacific Seafood Bake	\$3.99
Beef Brisket	\$3.99
Stewed Tomatoes ( 4oz.) 	\$1.09
Yukon Mashed Potatoes ( 4oz.)	\$1.09
Zucchini & Tomatoes ( 4oz.) 	\$1.09
Broccoli & Cauliflower ( 4oz.)	\$1.09
WORLD CUISINE: Hamburger Slider Bar	\$5.49
PANINI: Reuben	\$4.99
Saturday, December 3rd	
Stuffed Pepper	\$3.69
Sunday, December 4th	
Beef Salisbury Steak	\$3.59

Menu selections are subject to change

* We offer a heart healthy marinated chicken breast daily from the grill *



Mindful Recipe



VG Vegan



V Vegetarian

DETAILS	PRICE
Monday, December 5th	
Chicken Tortilla (🍷 8oz.)	\$1.89 / \$2.39 / \$2.69
Zesty Chili	\$2.19 / \$2.49 / \$2.79
Salisbury Steak	\$3.69
Brazilian Chicken & Rice 🍷	\$3.59
Yukon Mashed Potatoes V (🍷 4oz.)	\$1.09
Mixed Vegetables (🍷 4oz.)	\$1.09
Black Beans & Corn (🍷 4oz.)	\$1.09
WORLD CUISINE: Turkey Loafer	\$5.49
PANINI: Smoked Turkey Cheddar	\$4.99
Tuesday, December 6th	
Chicken Noodle (🍷 8oz.)	\$1.89 / \$2.39 / \$2.69
Grilled Fish Taco 🍷	\$3.99
Cajun Turkey 🍷	\$3.79
Cole Slaw (🍷 4oz.)	\$1.09
Spanish Rice	\$1.09
Garlic Mashed Potatoes (🍷 4oz.)	\$1.09
Zucchini V (🍷 4oz.)	\$1.09
WORLD CUISINE: Buffalo Chicken Salad 🍷	\$5.49
PANINI: Panini Melt	\$4.99
Wednesday, December 7th	
Beef Barley (🍷 8oz.)	\$1.89 / \$2.39 / \$2.69
Garden Vegetable Penne V 🍷	\$3.59
Chipotle BBQ Chicken 🍷	\$3.59
Summer Squash & Carrots (🍷 4oz.)	\$1.09
Green Beans (🍷 4oz.)	\$1.09
Broccoli (🍷 4oz.)	\$1.09
Roasted Red Potatoes (🍷 4oz.)	\$1.09
WORLD CUISINE: Chipotle Turkey Salad	\$5.49
PANINI: Grilled Chicken Vegetable 🍷	\$4.99

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DETAILS	PRICE
Thursday, December 8th	
Tuscan Minestrone  VG	\$1.89 / \$2.39 / \$2.69
Tortilla Lime Chipotle Chicken 	\$3.59
Shephards Pie 	\$3.69
Cumin Potatoes	\$1.09
Southern Green Beans	\$1.09
Baby Carrots () 4oz.)	\$1.09
Spanish Rice () 4oz.)	\$1.09
WORLD CUISINE: Chicken Nachos	\$5.49
PANINI: Turkey Reuben	\$4.99
Friday, December 9th	
Chicken Corn Chowder	\$1.89 / \$2.39 / \$2.69
Mediterranean Swai	\$4.99
Grilled Chicken 	\$3.59
Asparagus & Red Peppers () 4oz.)	\$1.09
Brown Rice () 4oz.)	\$1.09
Baked Sweet Potatoes () 4oz.)	\$1.09
Spinach V () 4oz.)	\$1.09
WORLD CUISINE: Meatball Station	\$5.49
PANINI: Dagwood	\$4.99
Saturday, December 10th	
Chicken Wings	\$3.59
Sunday, December 11th	
Pasta Tortellini V	\$3.59

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DETAILS	PRICE
Monday, December 12th	
Roasted Corn/Red Pepper Chowder 	\$1.89 / \$2.39 / \$2.69
Zesty Chili	\$2.19 / \$2.49 / \$2.79
Roasted Vegetable Taco	\$3.59
Turkey Tetrazzini 	\$3.79
Yukon Mojo	\$1.09
Rosemary Tomato w/White Beans ( 4oz.)	\$1.09
Spinach ( 4oz.)	\$1.09
Squash Medley ( 4oz.)	\$1.09
WORLD CUISINE: Italian Loafer	\$5.49
PANINI: Italian	\$4.99
Tuesday, December 12th	
Cream of Broccoli	\$1.89 / \$2.39 / \$2.69
Rosemary Chicken	\$3.59
Pasta Bolognese 	\$3.59
Green Beans ( 4oz.)	\$1.09
Wild Rice  	\$1.09
Baby Carrots ( 4oz.)	\$1.09
Cauliflower ( 4oz.)	\$1.09
WORLD CUISINE: Sizzling Chicken Caesar Salad	\$5.49
PANINI: Roast Beef	\$4.99
Wednesday, December 13th	
Turkey & White Bean Chili	\$2.19 / \$2.49 / \$2.79
Lightning Jack Casserole	\$3.69
Pretzel Crusted Salmon 	\$4.99
Spinach ( 4oz.)	\$1.09
Broccoli ( 4oz.)	\$1.09
California Blend ( 4oz.)	\$1.09
Redskin Mashed Potatoes	\$1.09
WORLD CUISINE: Smoked Turkey Carver Sandwich	\$5.49
PANINI: Turkey Pesto	\$4.99

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VG Vegan



V Vegetarian

DETAILS	PRICE
Thursday, December 14th	
Italian Wedding	\$1.89 / \$2.39 / \$2.69
Garlic Chicken	\$3.59
Beef/Eggplant Kobe	\$3.69
Grilled Eggplant VG (🌀 4oz.)	\$1.09
Country Vegetables (🌀 4oz.)	\$1.09
Jasmine Rice (🌀 4oz.)	\$1.09
Spinach (🌀 4oz.)	\$1.09
WORLD CUISINE: Buffalo Chicken Salad	\$5.49
PANINI: Southwest Chicken	\$4.99
Friday, December 15th	
Clam Chowder	\$2.19 / \$2.49 / \$2.79
Mediterranean Pollock	\$3.99
Thai Beef Stir Fry	\$3.69
Asparagus (🌀 4oz.)	\$1.09
Squash Blend (🌀 4oz.)	\$1.09
Roasted Redskin Potatoes	\$1.09
Wild Rice V 🌀	\$1.09
WORLD CUISINE: Hot Dog Bar	\$5.49
PANINI: Reuben	\$4.99
Saturday, December 16th	
Lasagna	\$3.59
Sunday, December 17th	
Stuffed Cabbage	\$3.59

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Mindful Recipe



Vegan



Vegetarian

DETAILS	PRICE
Monday, December 18th	
Cream Carrot/Ginger  	\$1.89 / \$2.39 / \$2.69
Zesty Chili	\$2.19 / \$2.49 / \$2.79
Eggplant Parmesan 	\$3.59
Korean BBQ Chicken 	\$3.59
White Rice 	\$1.09
Zucchini ( 4oz.) 	\$1.09
California Blend ( 4oz.)	\$1.09
Brussel Sprouts ( 4oz.)	\$1.09
WORLD CUISINE: Nacho Bar	\$5.49
PANINI: Turkey Reuben	\$4.99
Tuesday, December 19th	
Turkey Noodle	\$1.89 / \$2.39 / \$2.69
Linguine with Clam Sauce 	\$3.99
Fried Chicken	\$3.59
Yukon Mashed Potatoes  ( 4oz.)	\$1.09
Sweet Potatoes ( 4oz.)	\$1.09
Green Beans ( 4oz.)	\$1.09
Tex Mex Vegetables ( 4oz.)	\$1.09
WORLD CUISINE: Savannah Chicken Salad	\$5.49
PANINI: California	\$4.99
Wednesday, December 20th	
Louisiana Chicken & Shrimp Gumbo 	\$1.89 / \$2.39 / \$2.69
Baked Tilapia 	\$4.99
Sausage & Chicken Jambalaya	\$3.69
Wild Rice  	\$1.09
Asparagus ( 4oz.)	\$1.09
Aztec Vegetables ( 4oz.)	\$1.09
Eggplant	\$1.09
WORLD CUISINE: Wing Dings	\$5.49
PANINI: Mediterranean Turkey	\$4.99

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Vegan



Vegetarian

DETAILS	PRICE
Thursday, December 21st	
Chicken White Bean Chili	\$2.19 / \$2.49 / \$2.79
Asian Pepper Steak	\$3.99
Turmeric Chicken 🌀	\$3.59
Stewed Tomatoes (🌀 4oz.)	\$1.09
Corn (🌀 4oz.)	\$1.09
Summer Squash (🌀 4oz.) V	\$1.09
Rice 🌀	\$1.09
WORLD CUISINE: Tandoori Chicken	\$5.49
PANINI: Curried Chicken 🌀	\$4.99
Friday, December 22nd	
Baked Potato Soup	\$1.89 / \$2.39 / \$2.69
Macaroni & Cheese V	\$3.59
Beer Battered Cod	\$3.99
Sweet Potato Casserole (🌀 4oz.)	\$1.09
Carrots (🌀 4oz.)	\$1.09
Home Fried Potatoes	\$1.09
Cabbage and Onions	\$1.09
WORLD CUISINE: Taco Salad	\$5.49
PANINI: Tuna Melt	\$4.99
Saturday, December 23rd	
Chicken Wings	\$3.59
Sunday, December 24th	
Pulled Pork	\$3.59

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DETAILS	PRICE
Monday, December 25th	
Chicken Noodle (☞ 8oz.)	\$1.89 / \$2.39 / \$2.69
Zesty Chili	\$2.19 / \$2.49 / \$2.79
Fish Tacos (☞ 1 Taco)	\$3.99
Crusted Cashew Chicken ☞	\$3.59
Carrott, Squash & Peppers (☞ 4oz)	\$1.09
Baked Sweet Potato (☞ 4oz.)	\$1.09
Spanish Rice	\$1.09
Broccoli (☞ 4oz.)	\$1.09
WORLD CUISINE: Tortellini Bar	\$5.49
PANINI: BBQ Chicken ☞	\$4.99
Tuesday, December 26th	
Pasta Fagioli	\$1.89 / \$2.39 / \$2.69
Tilapia Italiano ☞	\$4.99
Rosemary Chicken ☞	\$3.59
Garlic Mashed Potatoes	\$1.09
Green Beans (☞ 4oz.)	\$1.09
Balsamic Vegetables (☞ 4oz.)	\$1.09
Wild Rice  ☞	\$1.09
Summer Squash (☞ 4oz.)	\$5.49
WORLD CUISINE: Greek Wrap 	\$4.99
PANINI: Turkey Club	
Wednesday, December 27th	
Cheeseburger Chowder	\$1.89 / \$2.39 / \$2.69
Sesame Pork Cutlet ☞	\$3.69
Citrus Chicken ☞	\$3.59
Café Roasted Potatoes ☞	\$1.09
Broccoli/Carrots (☞ 4oz.)	\$1.09
Bean/Squash/Corn (☞ 4oz.)	\$1.09
Italian Roasted Vegetables (☞ 4oz.) 	\$1.09
WORLD CUISINE: Chipotle Turkey Salad	\$5.49
PANINI: Porkie Pig	\$4.99

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DETAILS	PRICE
Thursday, December 29th	
Vegetable Tortilla Soup V	\$1.89 / \$2.39 / \$2.69
Roast Turkey 	\$3.79
Rajun Cajun Pasta	\$3.99
Stuffing	\$1.09
Yukon Potatoes V ( 4oz.)	\$1.09
Green Beans ( 4oz.)	\$1.09
Roasted Carrots ( 4oz.)	\$1.09
WORLD CUISINE: Fried Rice Bar	\$5.49
PANINI: Dagwood	\$4.99
Friday, December 30th	
Crab & Vegetable Bisque	\$2.19 / \$2.49 / \$2.79
Tomato Basil Flounder 	\$4.99
Chipotle Chicken Taco	\$3.59
Rice Pilaf V ( 4oz.)	\$1.09
Asparagus ( 4oz.)	\$1.09
Carrots ( 4oz.)	\$1.09
Scalloped Potatoes	\$1.09
WORLD CUISINE: Hot Dog Bar	\$5.49
PANINI: Supreme	\$4.99
Saturday, December 31st	
Chicken Burrito	\$3.59

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