

Weekly Specials

8/3-8/8

Full Static Menu Always Available

Please write your name and resident identification number legibly
when filling out your carry out form. Thanks
Atrium

Lunch & Dinner Specials

Chicken Kibbeh- Fried patty of minced chicken breast, sundried tomatoes, pine nuts, goat cheese and bulgur wheat. Served with Tahini Sauce. \$12.00 (290 cal.)

Fried Calamari- Fried squid, lemon and tomato sauce. \$10.00 (280 cal.)

Buddha Bowl- Roasted kale, broccolini, yams, Feta, roasted garbanzo beans and Tahini Dressing. \$10.00 (310 cal.)

On Monday, August 3, Please See IPA Day Menu for Specials

Crab and Go Specials @ Charlestown Square

Carryout only Open Mon-Friday 1pm-5pm

Maryland Crab Soup (90 cal.)

Crab Cake Sandwich (590 cal.)

BBQ Ribs (500 cal.)

Chicken Salad Sandwich (450 cal.)

Hot Dog (440 cal.)

Turkey & Swiss Sandwich (490 cal.)

Italian Cold Cut (790 cal.)

Sides

Baked Beans (130 cal.)

Pasta Salad (250 cal.)

Coleslaw (140 cal.)

Potato Salad (180 cal.)

Potato Chips (450 cal.)

Desserts

Sundae Bar

Cookies (180-200 cal.)

Chesapeake- No DELIVERY OFFERED

Lamb Pastitsio - Greek style baked pasta with ground lamb, parmesan cheese and Béchamel sauce. (590 cal.) \$12.00

Chinese Style Braised Chicken & Cabbage - Chicken thigh, cabbage, carrots, onions, mushrooms, garlic, ginger, oyster and soy sauce with sesame oil. \$12.00 (390 cal.)

Italian Sausage and Peppers - Sautéed sweet Italian sausage with garlic, onions, green and red peppers. \$12.00 (340 cal.)

On Monday, August 3, Please See IPA Day Menu for Specials

Gluten Free Bread and Buns Available Upon Request

Available at all restaurants

Fruit Special of the Week: Whole Orange



New for August



Healthier Choice

(under 460 mg sodium, 4 g
saturated fat, 10 g added sugar)



Vegetarian

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase
your risk of foodborne illness, especially if you have certain medical conditions.