

Weekly Specials

3/17-3/23

Full Static Menu Always Available

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

Atrium

Thai Chili Salmon - Salmon filet, broccoli, peppers and onions with a sweet Thai chili sauce. (130 cal.) \$11.00

Carved Ham with Raisin Sauce - Hardwood smoked ham topped with a sweet, tangy orange raisin rum sauce, with clove and cinnamon. (400 cal.) \$10.00

Cobb Salad with Grilled Chicken - Diced grilled chicken, avocado, bacon, egg, tomato, blue cheese, cheddar cheese over crispy romaine lettuce. Served with a dressing of your choice on the side. (410 cal.) \$10.00

(On Sunday, March 17th Please see St. Patrick's Day Menu for Specials)

Fireside

Baked Ziti- Ziti, cream, tomato sauce, mozzarella and parmesan cheese. \$6.75 (670 cal.)

Coconut Cashew Cod- Cashew and coconut crusted baked cod with a Thai Curry sauce. \$10.75 (290 cal.)

Grilled Hot Dog- All beef, quarter pound hot dog on a bun. \$6.75 (440 cal.) Topped with cheddar cheese (40 cal.) and beef chili- beef, onions and peppers cooked in tomato and beef broth. (45 cal.)

(On Sunday, March 17th Please see St. Patrick's Day Menu for Specials)

Chesapeake- No DELIVERY OFFERED

Arugula Salad with Farro and Chicken- Grilled chicken, over a salad of farro, arugula, feta, apples, pecan and cranberries with a shallot vinaigrette. \$12.00 (480 cal.)

General Tso's Chicken- Tempura battered white meat chicken with steamed broccoli tossed in a sweet and spicy sauce. Served over white rice. \$12.00 (500 cal.)

Bacon Wrapped Pork Tenderloin- Bacon wrapped pork tenderloin, roasted and sliced, served with sauce espagnole. \$15.00 (400 cal.)

(On Sunday March 17th , Please see St. Patrick's Day Menu for Specials)

Available at all restaurants.

Fruit Special of the Week: a whole plum



New for March



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.

Terrace Café Specials

3/17/24-3/23/24

Sunday 3/17

(Please See St. Patrick's Day Specials)

Monday 3/18

Pasta Fagioli - Cannellini beans, tomatoes, carrots, celery and onions cooked in chicken broth with Ditalini pasta. \$2.75 (75 cal.)

Swedish Meatballs - Swedish style beef meatballs, served in a sauce of Worcestershire, Dijon mustard, cream and beef broth. (530 cal.) \$8.00

Chicken Parmesan - Breaded chicken breast sautéed - marinara, parmesan and mozzarella. Served over linguine marinara. (640 cal.) \$8.00

Bacon Wrapped Pork Loin- (Available after 4pm.) Bacon wrapped pork tenderloin, roasted and sliced, served with sauce espagnole. (400 cal.) \$8.00

Braised Red Cabbage (25 cal.)

Vegetable Fried Rice (130 cal.)

Sautéed Apples (190 cal.)

Yam Casserole (355 cal.)

Tuesday 3/19

Split Pea & Ham Soup- Split peas, carrots, celery and onion, smoked ham and chicken stock. \$2.75 (100 cal.)

Blackened Salmon Tacos - 🍏 Two blackened salmon tacos, topped with mango slaw, guacamole and cilantro sour cream served in warm corn tortillas. (360 cal.) \$8.00

Greek Chicken Thigh 🍏 Herb marinated chicken thigh, tzatziki sauce and garnished with cucumber, onion and tomato relish. (245 cal.) \$8.00

Carved Turkey- (Available after 4pm.) 🍏 Oven roasted - Savory thyme and sage turkey with gravy. (195 cal.) \$8.00

Cajun Cauliflower (90 cal.)

Succotash (90 cal.)

Ranch Mashed Potatoes (140 cal.)

Pinto Beans (260 cal.)

Wednesday 3/20

Italian Sausage & Bean Soup - Cannellini beans, Italian sausage, onion, carrots, celery, garlic, parmesan cheese and onions in chicken broth. \$2.75 (150 cal.)

Chicken Marsala- 🍏 Floured then sautéed chicken breast finished with our marsala wine demi-glace and sautéed mushrooms. (260 cal.) \$8.00

Pot Roast- Slow braised beef with celery, onions, carrots and tomatoes in a rich burgundy broth. (400 cal.) \$8.00

Linguine w/ Clam Sauce- (Available All Day.)

Linguine pasta tossed with sautéed littleneck clams, garlic and white wine. (300 cal.) \$8.00

Broccoli au Gratin (110 cal.)

Braised Collard Greens (70 cal.)

Corn O'Brien (115 cal.)

Sundried Tomato Risotto (270 cal.)

Thursday 3/21

Chicken & Rice Soup- Roasted chicken, carrots, celery, onions and fresh herbs in a poultry broth. (70 cal.) \$2.75

BBQ Chicken Quarters- BBQ marinated, bone-in chicken slowly roasted. \$8.00 (415-435 cal.)

Cauliflower Parmesan- Roasted cauliflower "steak", topped with mozzarella, fresh basil, parmesan and marinara sauce. \$8.00 (270 cal.)

Sausage Pesto Penne- (Available after 4pm.) Sautéed sweet Italian sausage with asparagus, roasted peppers and parmesan finished with traditional pesto. \$8.00 (600 cal.)

Peas (135 cal.)

Stewed Tomatoes w/ Okra (60 cal.)

Roasted Cinnamon Yams (170 cal.)

Mac & Cheese (230 cal.)

Friday 3/22

Shrimp Bisque - Seafood broth, brandy, cream and shrimp. \$2.75 (195 cal.)

Korean Fried Rice - (110 cal.) \$8.00

Beef Stuffed Pepper- Baked pepper stuffed with sautéed beef, rice and cheese topped with marinara then baked to order. (370 cal.) \$8.00

Roast Beef -(Available after 4pm.) Certified Angus Beef lightly seasoned and roasted. (180 cal.) \$8.00

Asian Style Green Beans (45 cal.)

Roasted Root Vegetables (190 cal.)

Delmonico Potatoes (185 cal.)

Steamed Corn (110 cal.)

Saturday 3/23

Curried Lentil Soup - Celery, onion, carrot, tomato and lentils in vegetable broth with a touch of coconut and curry. (100 cal.) \$2.75

Blackened Catfish - 🍏 Pan seared Cajun spiced catfish filet. (210 cal.) \$8.00

Corned Beef & Cabbage - Corned beef brisket braised in carrots, celery, onion and pickling spices, served with braised cabbage. (305 cal.) \$8.00

Ham w/ Rum Raisin Sauce -(Available after 4pm.) Hardwood smoked ham topped with a sweet, tangy orange raisin rum sauce, with clove and cinnamon. (400 cal.) \$8.00

Creamed Spinach (50 cal.)

Blistered Cherry Tomatoes (30 cal.)

Mashed Potatoes (140 cal.)

Mediterranean Rice & Beans (150 cal.)

Fruit Special of the Week: a whole plum

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Vegetarian

Shortline Specials & Delivery

3/17 – 3/23

Sunday 3/17

(Please See St. Patrick's Day Menu Specials)

Monday 3/18

Broccoli Cheddar Ale Beer, onion, broccoli, cream, butter, flour. \$2.75 (210 cal.)

Blackened Catfish Pan seared Cajun spiced catfish filet. (210 cal.) \$8.00

Bratwurst with Beer German style pork sausage, braised in beer with peppers and onions. (305 cal.) \$8.00

Available At 4pm

Turkey with Gravy Oven roasted - Savory thyme and sage turkey with gravy. \$8.00 (190 cal.)

Mashed Potatoes (140 cal.)

Roasted Yams (170 cal.)

Collard Greens (70 cal.)

Green Beans (40 cal.)

Tuesday 3/19

Lobster Bisque Seafood broth, brandy, cream, and lobster meat. \$2.75 (200 cal.)

Baked Manicotti Pasta stuffed with ricotta and topped with our marinara, mozzarella and parmesan then oven baked to finish. (590 cal.) \$8.00

Piri-Piri Chicken Char Grilled chicken thigh, garlic, lemon, ginger, cilantro and piri-piri glaze. (410 cal.) \$8.00

Available At 4pm

BBQ Ribs Oven roasted spareribs, glazed with BBQ sauce. \$8.00 (500 cal.)

Garlic Bread (170 cal.)

Confetti Rice (50 cal.)

Peas and Pearl Onions (100 cal.)

Wednesday 3/20

New England Clam Chowder Chopped clams, celery, onions, potatoes, garlic and fresh herbs in seafood milk broth. \$2.75 (145 cal.)

Kung Pao Cauliflower Tempura fried cauliflower in a spicy kung pao sauce with sesame, peppers and peanuts. (250 cal.) \$8.00

Pork with Mushroom Sauce Garlic, thyme, rosemary, and lemon marinated pork loin cooked with mushrooms in a brandied sauce espagnole. (305 cal.) \$8.00

Available At 4pm

Cowboy Ribeye A 7 oz. ribeye steak crusted with a BBQ-Coffee dry rub then pan seared to order. (530 cal.) \$8.00

Brown Rice (185 cal.)

Sautéed Cabbage (40 cal.)

Baked Potato (220 cal.) ★ New for March

Thursday 3/21

Tomato Fennel Bisque Tomato, fennel, Sambuca liquor, garlic, onion, cream and basil. (90 cal.) \$2.75

General Tso's Chicken Tempura battered white meat chicken with steamed broccoli tossed in a sweet and spicy sauce. Served over white rice. (510 cal.) \$8.00

Haddock with Clam Sauce Lemon and herb panko breaded haddock filet, topped with a white wine garlic clam sauce. (580 cal.) \$8.00

Available At 4pm

Grilled Flank Steak Grilled lemon and herb marinated flank steak. (180 cal.)

Red Blissed Mashed Potatoes (140 cal.)

Korean Fried Rice (110 cal.)

Steamed Broccoli (40 cal.)

Friday 3/22

Potato Leek Soup Leeks, potato, garlic, vegetable broth and cream. (145 cal.) \$2.75

Rigatoni Alla Salsiccia Rigatoni pasta, sausage, mushroom, red wine, herbs, tomato and parmesan. (370 cal.) \$8.00

Jamaican Jerk Chicken Herbs, spices, spicy pepper, soy sauce, bone in chicken leg, served with mango salsa. (170 cal.) \$8.00

Available At 4pm

Salmon Togarashi Salmon filet seasoned with Togarashi spice. (290 cal.) \$8.00

Roasted Gold Potatoes (90 cal.)

Streamed Carrots (50 cal.)

Sautéed Carrots with Dill (60 Cal.)

Saturday 3/23

Meatball Soup Meatballs, vegetables, fresh herbs and pasta in tomato and beef broth. (170 cal.) \$2.75

Turkey Pot Pie Turkey breast braised in a savory cream sauce then topped with a flaky pie crust and baked to order. (700 cal.) \$8.00

Falafel Wrap Falafel, onions, tomatoes, lettuce, feta cheese, olives, yogurt cucumber sauce and pita bread. (465 cal.) \$8.00

Western Bison Burger Seared Bison burger, sautéed onions, A1 steak sauce and cheddar cheese on a toasted brioche bun. (690 cal.) \$8.00

Rosemary Mashed Potatoes (140 cal.)

Balsamic Roasted Beets (75 cal.)

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