

# Weekly Specials

## 3/31-4/6

### \*\*\*Full Static Menu Always Available\*\*\*

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

#### Atrium

**Ranch Grilled Chicken-** 🍏 Grilled ranch spiced chicken breast with ranch sauce. (170 cal.) \$10.00

**Poached Basa with Lemon Dill-** 🍏 Basa, white wine, lemon and dill. (170 cal.) \$11.00

**Fried Pork Chop-** Buttermilk, pork loin, spices and breadcrumbs. (390 cal.) \$10.00

(On Sunday, March 31<sup>st</sup> Please See Easter Menu)

#### Fireside

**Shrimp All' Amatriciana-** Spaghetti, shrimp, bacon, garlic, onion, red pepper, marinara, parmesan. \$11.00 (340 cal.)

**Buffalo Chicken Wings-** Chicken wings, Spicy Buffalo sauce. Blue cheese dressing, carrot and celery sticks. \$8.00 (930 cal.)

**Blueberry Pancakes-** Buttermilk pancakes with blueberries. \$7.25 (510 cal.)

(On Sunday, March 31<sup>st</sup> Please See Easter Menu)

#### Chesapeake- No DELIVERY OFFERED

**Tofu Tikka Masala-** 🍏🍏 Marinated tofu in a yogurt tomato sauce. \$12.00 (150 cal.)

**Herb Crusted Cod-** 🍏 Herb bread crumb crusted cod baked with lemon. \$10.00 (230 cal.)

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

(On Sunday, March 31<sup>st</sup> Please See Easter Menu)

Available at all restaurants.

Fruit Special of the Week: Peaches and Cottage Cheese

★ New for April | 🍏 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.

# Shortline Specials & Delivery

3/31 – 4/6

## Sunday 3/31

(Please See Easter Menu)

## Monday 4/1

**Tuscan White Bean Soup-** White beans, kale, carrots, celery and onions cooked in chicken broth. \$2.75 (60 cal.)

**Trout Almandine** Floured trout with toasted almonds, butter and lemon. (420 cal.) \$8.00

**Orange Sesame Chicken** Tempura battered white meat chicken fried then tossed in our sweet and savory orange-sesame glaze. Served over white rice. (620 cal.) \$8.00

Available At 4pm

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

**Cranberry Sauce** (140 cal.)

**Stuffing** (260 cal.)

**Mashed Potatoes** (140 cal.)

**White Rice** (140 cal.)

**Collard Greens** (70 Cal.)

## Tuesday 4/2

**Chicken Noodle Soup** Carrots, celery, onions, roasted chicken and egg noodles in chicken broth. \$2.75 (90 cal.)

**Beef Stew** Veal, red wine, carrots, celery, onions and potatoes served over egg noodles. (500 cal.) \$8.00

**Pesto Crusted Haddock** 🍏 Seared filet of haddock topped with basil pesto and blistered tomatoes. (360 cal.) \$8.00

Available At 4pm

**Fettuccini Alfredo** Cream, garlic, parmesan and butter tossed with fettuccini pasta. \$8.00 (300 cal.)

**Shrimp** (140 cal.) **or Blackened Chicken** (170 cal.)

**Garlic Bread** (170 cal.)

**Egg Noodles** (150 cal.)

**Vegetable Medley** (35 cal.)

**Broccoli** (40 cal.)

## Wednesday 4/3

**Mushroom Barley Soup** Chicken, mushroom, celery, carrots, onion, herbs in a chicken broth with barley. \$2.75 (80 cal.)

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

**Bouillabaisse** Monkfish, shrimp, clams, mussels, bouillabaisse broth, and grilled focaccia. (400 cal.) \$8.00

Available At 4pm

**Carved Roast Beef w/Gravy** Certified Angus beef lightly seasoned and roasted served with demi-glaze. (200 cal.) \$8.00 **Demi Glace** (20 cal.)

**Brown Rice** (180 cal.)

**Green Beans** (35 cal.)

**Red Bliss Mashed Potato** (140 cal.)

## Thursday 4/4

**Country Vegetable Harvest** Rice, farro, quinoa, cream, vegetable broth and herbs. (145 cal.) \$2.75

**Buttermilk Chicken w/ Country Gravy** Buttermilk marinated chicken breast tossed in seasoned breadcrumbs then fried and served with our homemade sausage gravy. (800 cal.) \$8.00

**Spaghetti w/ Meat sauce** Beef, wine tomato and fresh herbs over spaghetti noodles. Served with garlic bread stick. (450 cal.) \$8.00

Available After 4pm

**Carved Honey Ham** Applewood smoked ham baked with a honey glaze. (240 cal.) \$8.00

**Garlic Bread** (170 cal.)

**Macaroni and Cheese** (230 cal.)

**Steamed Broccoli** (40 cal.)

## Friday 4/5

**Chicken Barley Soup** Chicken, celery, carrots, onion, herbs in chicken broth with barley. (90 cal.) \$2.75

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

**Chicken Dijon** Dijon marinated chicken breast tossed in seasoned breadcrumbs then sautéed and served with our roasted garlic-lemon aioli. (830 cal.) \$8.00

Available At 4pm

**Shrimps Scampi** Sautéed shrimp tossed with linguine pasta then finished with white wine, lemon, and garlic cooked to order. (430 cal.) \$8.00

**Garlic Bread Stick** (170 cal.)

**Sautéed Spinach & Mushroom** (40 cal.)

**Vegetable Medley** (35 cal.)

## Saturday 4/6

**Loaded Potato Bacon Chowder** Onion, garlic, smoked bacon, potatoes, fresh herbs and cheddar cheese cooked in chicken broth with cream. (240 cal.) \$2.75

**Beef Goulash** 🍏 Braised beef with onion, garlic, paprika, mushrooms and tomato served over egg noodles. (350 cal.) \$8.00

**Fried Shrimp** Lightly battered. (190 cal.) \$8.00

**Manicotti** 🥬 Pasta stuffed with ricotta and topped with our marinara, mozzarella and parmesan then oven baked to finish. (600 cal.) \$8.00

**Garlic Bread** (170 cal.)

**Egg Noodles** (150 cal.)

**Asparagus** (25 cal.)

**Potato Wedges** (200 cal.)

## Fruit Special of the Week: Peaches and Cottage Cheese



New for April



Healthier Choice |



Vegetarian

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

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# Terrace Café Specials

## 3/31/24-4/6/24

### Sunday 3/31

(Please See Easter Menu)

### Monday 4/1

- Corn Leek Chowder** - 🌿 Leeks, corn, garlic, vegetable broth and cream. \$2.75 (150 cal.)
- Beef Lasagna** - Pasta layered with parmesan, mozzarella, ricotta, and our savory meat sauce. (500 cal.) \$8.00
- Chicken Alexander**- Pan seared chicken breast, finished with a brandy apricot cream sauce. (380 cal.) \$8.00
- Flank Steak- (Available after 4pm.)** Grilled lemon and herb marinated flank steak. (250 cal.) \$8.00
- Spinach & Mushrooms** (40 cal.)
- Brussel Sprouts & Bacon** (60 cal.)
- Rice w/ Lentils** (190 cal.)
- Baked Potato** (220 cal.)

### Tuesday 4/2

- Black Bean Soup**-🌿 \$2.75 (130 cal.)
- Fried Chicken Soft Tacos** - Two fried chicken tacos topped with pico de gallo, guacamole and chipotle mayonnaise, served with fresh lime. (620 cal.) \$8.00
- Bourbon Salmon**- 🍏 Pan seared salmon filet with bourbon sauce. (370 cal.) \$8.00
- Carved Turkey- (Available after 4pm.)** 🍏 Oven roasted - Savory thyme and sage turkey with gravy. (190 cal.) \$8.00
- Steamed Broccoli** (40 cal.)
- Roasted Root Vegetables** (190 cal.)
- Pinto Beans w/ Tomatoes & Bacon** (150 cal.)
- Mashed Potatoes** (140 cal.)

### Wednesday 4/3

- Roasted Corn Soup** - 🌿 Corn, onions, herbs and cream \$2.75 (150 cal.)
- Spaghetti & Meat Sauce**- 🍏 Beef, wine tomato and fresh herbs served over spaghetti. (275 cal.) \$8.00
- Orange Chicken**- Tempura battered white meat chicken fried then tossed in our sweet and savory orange-sesame glaze. Served over white rice. (620 cal.) \$8.00
- Mussels Marinara- (Available after 4 pm.)** Mussels, garlic, wine, tomatoes, fresh herbs, butter and a touch of spice. (390 cal.) \$8.00
- Peas & Carrots** (110 cal.)
- Green Beans** (35 cal.)
- Baked Yam** (190 cal.)
- Roasted Red Potatoes** (120 cal.)

### Thursday 4/4

- Gazpacho**- 🌿 Tomato, cucumber, onion, garlic, green, yellow and red pepper with fresh herbs in tomato broth. (40 cal.) \$2.75
- Stuffed Shells**- House stuffed pasta shells with ricotta, parmesan, egg and parsley topped with meat sauce. \$8.00 (650 cal.)
- Garlic Herb Tilapia**- Pan seared then topped with a roasted garlic lemon herb sauce. \$8.00 (370 cal.)
- Linguine w/ Clam sauce- (Available after 4pm.)** Linguine pasta tossed with sautéed littleneck clams, garlic and white wine. \$8.00 (300 cal.)
- Dill Carrots** (180 cal.)
- Blistered Cherry Tomatoes** (30 cal.)
- Succotash** (90 cal.)
- Corn on the Cob** (150 cal.)

### Friday 4/5

- Vegetable Minestrone** - Carrot, celery, onion, tomato, cabbage, fresh herbs, kidney beans, parmesan cheese and Ditalini pasta in tomato and vegetable broth. \$2.75 (70 cal.)
- Cashew Chicken Stir Fry**- 🍏 Chicken breast, cashews, broccoli sesame seeds and green onions over jasmine rice. (490 cal.) \$8.00
- Vegetarian Stuffed Pepper**- 🍏🌿 Baked pepper stuffed with quinoa, mushrooms, spinach, onion, mozzarella, parmesan and tomato confit. (150 cal.) \$8.00
- Roast Beef -(Available after 4pm.)** Certified Angus Beef lightly seasoned and roasted. (180 cal.) \$8.00
- Steamed Spinach** (50 cal.)
- Roasted Cauliflower** (90 cal.)
- Garlic Herb Yukon Potatoes** (90 cal.)
- Corn O'Brien** (120 cal.)

### Saturday 4/6

- Tomato Basil Soup** - 🌿🍏 Tomato, garlic, onion and fresh herbs in a vegetable broth. (40 cal.) \$2.75
- BBQ Pulled Chicken** - 🍏 Braised chicken breast with a sweet and tangy BBQ sauce. (180 cal.) \$8.00
- Cod Dijonnaise**- Baked Cod brushed with a creamy horseradish dijonaise and topped with breadcrumbs and parmesan cheese. (320 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
- Cauliflower au Gratin** (100 cal.)
- Tomatoes & Okra** (50 cal.)
- Brown Rice** (180 cal.)
- Yam Casserole w/ Pecans** (350 cal.)

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