

Weekly Specials

4/21-4/27

Full Static Menu Always Available

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

Atrium

Pork Pad Kee Mao - "Drunken Noodles" Stir fried rice noodles topped with pork loin, peppers, onions, crushed red pepper, basil, sesame seeds, oyster and soy sauce. (390 cal.) \$10.00

Lasagna with Meat Sauce - Pasta layered with parmesan, mozzarella, ricotta, and our savory meat sauce. (500 cal.) \$10.00

Green Goddess Chicken - Chicken breast, arugula, tomato and tarragon with a green goddess dressing. (350 cal.) \$10.00

*(On Friday 4/26, Please See Pretzel Day Specials Menu)

Fireside

Green Goddess Chicken- Chicken breast, arugula, tomato and tarragon with a green goddess dressing. \$8.75 (350 cal.)

Salmon Burger- Sautéed salmon cake served on a toasted brioche bun with remoulade sauce, shredded lettuce, sliced tomato and red onion. \$7.00 (880 cal.)

Quinoa Stuffed Pepper-🍎 Baked pepper stuffed with quinoa, mushrooms, spinach, onion, mozzarella, parmesan and tomato confit. \$6.50 (150 cal.)

*(On Friday 4/26, Please See Pretzel Day Specials Menu)

Chesapeake- No DELIVERY OFFERED

Steak Burrito Steak, cheese, rice, black beans & pico de gallo in a flour tortilla with guacamole and sour cream. \$12.00 (670 cal.)

Fettuccini Alfredo Cream, garlic, parmesan and butter tossed with fettuccini pasta. \$12.00 (300 cal.)

Cajun Cornmeal Crusted Catfish Cajun spice, egg, flour and cornmeal. \$15.00 (570 cal.)

*(On Friday 4/26, Please See Pretzel Day Specials Menu)

Available at all restaurants.

Fruit Special of the Week: Pineapple Chunks

★ New for April | 🍏 Healthier Choice | 🌿 Vegetarian
(under 460 mg sodium, 4 g saturated fat, 10 g added sugar)

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

4/21/24-4/27/24

Sunday 4/21

Lentil w/ Ham Soup - Ham, celery, onion, carrot, tomato and lentils in chicken broth. (100 cal.) \$2.75

Shrimp & Grits - 🍎 Cajun spiced shrimp sautéed with peppers, onions, garlic, tomato and white wine, served over a bed of cheesy grits. (280 cal.)

French Toast Casserole- Rustic bread baked in a sweetened custard with cinnamon and a pecan streusel topping. (520 cal.)

Broccoli (40 cal.)

Hash Brown Patty (170 cal.)

Monday 4/22

Broccoli Cream Soup - 🌿 Onion, broccoli, cream, butter, flour. \$2.75 (160 cal.)

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

Tuscan Salmon- Wine Poached salmon filet topped with olives, tomatoes, scallions and feta cheese. (590 cal.) \$8.00

Flank Steak- (Available after 4pm.) Grilled lemon and herb marinated flank steak. (250 cal.) \$8.00

Balsamic Roasted Beets (70 cal.)

Spinach (25 cal.)

Sundried Tomato Risotto (270 cal.)

Yukon Potatoes (100 cal.)

Tuesday 4/23

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

Korean Salmon Tacos - Two salmon tacos, spicy coleslaw and sesame seeds on grilled corn tortillas. (410 cal.) \$8.00

Shepherds Pie- Ground lamb, celery, carrot, leek, onion, garlic, fresh herbs and spices in a burgundy wine sauce, topped with parmesan whipped potato. (410 cal.) \$8.00

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

Tomato & Okra (50 cal.)

Southern Green Beans (80 cal.)

Rice Pilaf (130 cal.)

Mashed Potatoes (140 cal.)

Wednesday 4/24

Reuben Soup - Corned beef, sauerkraut, Swiss cheese, chicken broth and cream. \$2.75 (250 cal.)

Tilapia w/ Shrimp Sauce- Pan seared tilapia and shrimp with a white wine, sherry cream sauce. (630 cal.) \$8.00

Pork Cutlet w/ Mushroom Sauce 🍎 Garlic, thyme, rosemary, and lemon marinated pork loin cooked with mushrooms in a brandied sauce espagnole. (300 cal.) \$8.00

Manicotti w/ Marinara- (Available after 4pm.) Pasta stuffed with ricotta and topped with our marinara, mozzarella and parmesan then oven baked to finish. (600 cal.) \$8.00

Zucchini & Squash (30 cal.)

Broccoli & Cauliflower (35 cal.)

Baked Yam (180 cal.)

Pinto Beans w/ Bacon & Tomato (150 cal.)

Thursday 4/25

Country Harvest Vegetable Soup- Rice, Farro, quinoa, cream, vegetable broth and herbs. (140 cal.) \$2.75

Meat Loaf- With green pepper, onion, ketchup, mustard, herbs and spices - with gravy. \$8.00 (380 cal.)

Chicken Alexander- Pan seared chicken breast, finished with a brandy apricot cream sauce. \$8.00 (380 cal.)

Shrimp Alfredo- (Available after 4pm.) Cream, garlic, parmesan and butter tossed with fettuccini pasta. Served with shrimp. \$8.00 (440 cal.)

Steamed Asparagus (25 cal.)

Peas & Carrots (110 cal.)

Roasted Red Potatoes (120 cal.)

Potatoes O'Brien (100 cal.)

Friday 4/26

(Please See Pretzel Day Menu Specials)

Saturday 4/27

Potato Leek Soup - Leeks, potato, garlic, vegetable broth and cream. (140 cal.) \$2.75

Shrimp Creole - Shrimp sautéed with peppers and onions, finished with white wine and a spicy creole sauce then served over basmati rice. (350 cal.) \$8.00

Parmesan Tilapia - Pan fried, parmesan, lemon, garlic and breadcrumb crusted tilapia. (530 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

Broccoli (40 cal.)

Creamed Spinach (50 cal.)

Confetti Rice (50 cal.)

Baked Yam (190 cal.)

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New for April



Healthier Choice



Vegetarian


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Shortline Specials & Delivery

4/21 - 4/27

Sunday 4/21

Tortellini and Spinach-Carrots, celery, onion, garlic, spinach, tomato, vegetable broth and cheese tortellini. (100 cal.) \$2.75

Cheese Ravioli with Marinara Sauce  Cheese stuffed ravioli tossed in our marinara sauce then finished with parmesan cheese. (400 cal.) \$8.00

Sweet and Sour Chicken over Rice Tempura battered white meat chicken fried then tossed with sautéed peppers and our sweet and sour pineapple-ginger sauce. Served over white rice. (460 cal.) \$8.00

Pork Pernil Braised pork shoulder marinated in orange juice, garlic, oregano and cumin. \$8.00 (190 cal.)

Bread Stick (170 cal.)

Brown Rice (180 cal.)


Sautéed Cabbage (35 cal.)

Monday 4/22

New England Clam Chowder with Bacon

Chopped clams, bacon, vegetables, potatoes, garlic and fresh herbs in seafood milk broth. \$2.75 (140 cal.)

Vegetarian Jambalaya   Tofu, black eyed peas, rice, green and red peppers, okra and spice. (260 cal.) \$8.00

Basa Francaise  Lightly battered and sautéed Basa filet in a white wine, lemon butter sauce. \$8.00 (310 cal.)

Available At 4pm

Beef Bourguignon over Mashed Potatoes

Traditional French beef stew braised in Burgundy wine with bacon, pearl onions and carrots served over mashed potatoes. (520 cal.) \$8.00

Mashed Red Bliss Potatoes (140 cal.)

Vegetable Succotash (100 cal.)

White Rice (140 cal.)


Tuesday 4/23

Lentil and Lamb Lamb, celery, onion, carrot, garbanzo beans and lentils in chicken broth. \$2.75 (110 cal.)

Chicken and Dumplings Chicken breast braised in a savory cream sauce served with traditional sour cream dumplings. (610 cal.) \$8.00

Braised Denver Steak Chuck Steak - red wine, espagnole sauce, garlic, herbs and carrots. (240 cal.) \$8.00

Available At 4pm

Pork Pad Kee Mao  "Drunken Noodles" Stir fried rice noodles topped with pork loin, peppers, onions, crushed red pepper, basil, sesame seeds, oyster and soy sauce. \$8.00 (390 cal.)

Macaroni and Cheese (230 cal.)

Blanched Carrots (160 cal.)

Sautéed Carrots with Orange and Ginger (200 cal.)

Wednesday 4/24

Beef and Barley Diced beef, celery, carrots, onion, herbs in beef broth with barley. \$2.75 (90 cal.)

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

Coconut Shrimp Coconut coated and fried. (340 cal.) \$8.00

Available At 4pm

Roast Beef Certified Angus Beef lightly seasoned and roasted. (180 cal.) \$8.00

Brown Rice (180 cal.) **Sundried Tomato Risotto** (270 cal.) **Steamed Broccoli** (40 cal.)


Thursday 4/25

Creamy Chicken and Wild Rice Chicken, wild rice, carrots, celery, onions and fresh herbs in a poultry cream broth. (250 cal.) \$2.75

Grilled Lemon Chicken Chicken leg and thigh, roasted garlic, rice wine vinegar, lemon, rosemary and oregano. (440 cal.) \$8.00

Pork Shank with Tomato Demi Glace Braised pork shank, tomato demi glace and gremolata. (360 cal.)

Available At 4pm

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

Mediterranean Couscous (70 cal.)

Creamed Spinach (50 cal.)


Steamed Spinach (25 cal.)


Friday 4/26

(Please See Pretzel Day Menu Specials)

Saturday 4/27

She Crab Soup Crab, vegetables, cream, herbs and a touch of hot spice. \$2.75 (220 cal.)

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

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

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



Baked Sweet Potato (190 cal.)

Egg Noodles (150 cal.)

Seasoned Broccoli & Cauliflower (35 cal.)

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