

Weekly Specials

9/15-9/20

Full Static Menu Always Available

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

Atrium

Braised Beef Brisket with Gravy- Beef brisket, braised with tomato, onions, carrots, celery and herbs in a rich beef broth. (550 cal.) \$12.00


Orange-Sesame Chicken over Rice- Tempura battered white meat chicken fried then tossed in our sweet and savory orange-sesame glaze. Served over white rice. (660 cal.) \$10.00

Thai Curry Vegetables over Jasmine Rice- Sautéed mushrooms, carrots, broccoli, red peppers, eggplant and water chestnuts with curry spiced garlic and ginger coconut sauce - over jasmine rice. (250 cal.) \$12.00

On Wednesday, September 17th Please See Latin Heritage Menu for Specials

Fireside

Beef Brisket Grilled Cheese- Beef Brisket, cheddar cheese, caramelized onions and Barbeque sauce grilled on Texas toast (1060 cal.) \$11.50

Red Lentil Dahl-  Lentils, vegetable broth, coconut milk, garam masala, ginger, lemon juice and cilantro. (240 cal.) \$6.75

Orange-Sesame Chicken over Rice- Tempura battered white meat chicken fried then tossed in our sweet and savory orange-sesame glaze. Served over white rice. (660 cal.) \$8.50

On Wednesday, September 17th Please See Latin Heritage Menu for Specials
Only Available for Carryout and after 4pm

Chesapeake- No DELIVERY OFFERED

Chicken Carbonara- Spaghetti tossed with crispy bacon and a creamy sauce of parmesan and eggs. Topped with grilled chicken. \$12.00 (470 cal.)

Trout Imperial- Trout, white wine, crabmeat, mayonnaise, lemon and spices. \$15.00 (580 cal.)

Beef Brisket Grilled Cheese Beef Brisket, cheddar cheese, caramelized onions and Barbeque sauce grilled on Texas toast. \$12.00 (1060 cal.)

On Wednesday, September 17th Please See Latin Heritage Menu for Specials

Gluten Free Bread and Buns Available Upon Request

Available at all restaurants

Fruit Special of the Week: Banana



New for September



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

9/15-9/20

Soup of the Week

Garden Vegetable Soup- 🌿 Green beans, carrot, celery, onion, cabbage, corn, tomato, peas and fresh herbs in a vegetable broth. \$2.75 (70 cal.)

Monday 9/15

Portuguese Bean Soup- Navy beans, kielbasa, carrots, celery, onions, garlic and kale in chicken broth with macaroni pasta. \$2.75 (140 cal.)

Meat Lasagna- Pasta layered with parmesan, mozzarella, ricotta, and our savory meat sauce. \$8.00 (590 cal.)

Cornmeal Crusted Catfish - Cajun spice, egg, flour and cornmeal. \$8.00 (340 cal.)

Available after 4PM

Oven Roasted Chicken - Savory herb marinated bone-in leg and thigh of chicken- slowly roasted until golden brown. \$8.00 (400 cal.)

Parmesan Garlic Carrots (170 cal.)

Italian Vegetable Medley (35 cal.)

Corn on the Cob (150 cal.)

Ranch Roasted Potatoes (100 cal.)

Tuesday 9/16

Chicken Enchilada Soup- Chicken, vegetables, chicken broth, spicy peppers and tortillas with sour cream and cilantro. \$2.75 (130 cal.)

Roasted Turkey Breast- 🍏

\$8.00 (150 cal.) **Served w/ Cranberry Sauce-** (90 cal.)

Trout Almondine - Lightly floured then sauteed and served with a sauce of lemon, butter, parsley and toasted almonds. \$8.00 (420 cal.)

Available after 4PM

Aunt Millie's Meatloaf - With diced peppers, onion, ketchup, mustard, herbs and spices - with gravy. \$8.00 (460 cal.)

Steamed Green Beans (35 cal.)

Sauerkraut (30 cal.)

Cranberry Stuffing (300 cal.)

Mashed Potatoes (140 cal.)

Wednesday 9/17 Latin Heritage Day

Chupa de Pollo- \$2.75

Peruvian Chicken Corn Soup - \$2.75

Ropa Vieja- Cuban shredded beef & veggies w/ black beans. \$8.00

Moqueca - Brazilian Fish Stew. \$8.00

Available after 4PM

Arepa Domino - Venezuelan Corn Cake filled with Black Beans & Queso Fresco. \$8.00

Sautéed Yellow Squash (20 cal.)

Peas & Carrots (110 cal.)

White Rice (140 cal.)

Plantains

Thursday 9/18

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

Chicken Piccata- 🍏 Floured then sautéed chicken breast finished with white wine, lemon, capers and butter. \$8.00 (300 cal.)

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

Available after 4PM

Turkey Bolognese w/ Pappardelle - Pappardelle pasta tossed turkey bolognese sauce then finished with parmesan cheese. \$8.00 (560 cal.)

Sautéed Zucchini (25 cal.)

Sautéed Mushrooms (60 cal.)

Corn O'Brien (120 cal.)

Baked Potatoes (220 cal.)

Friday 9/19

Greek Lemon Chicken Soup- Lemon, egg, chicken, butter, rice and chicken broth. \$2.75 (120 cal.)

Chicken Cacciatore- Bone- in quartered chicken slowly braised in a sauce of tomatoes, peppers, onions, mushrooms, herbs and red wine. \$8.00 (340 cal.)

Cod Cake- Cod, potato, breadcrumbs, lemon, capers, onions and mayonnaise, served with remoulade sauce. \$8.00 (390 cal.)

Available after 4PM

BBQ Pulled Chicken - 🍏 Braised chicken breast with a sweet and tangy BBQ sauce. \$8.00 (150 cal.)

Steamed Spinach (25 cal.)

Steamed Lima Beans (120 cal.)

Brown Rice (180 cal.)

Roasted Butternut Squash (120 cal.)

Saturday 9/20

Pinto Bean Soup- Pinto beans, ham, tomato, chicken broth and spices. \$2.75 (120 cal.)

Orange Chicken- Tempura battered white meat chicken fried then tossed in our sweet and savory orange-sesame glaze. Served over white rice. \$8.00 (660 cal.)

Flounder Meuniere- 🍏 Sautéed flounder, clarified butter, olive oil, lemon, white wine, and parsley. \$8.00 (200 cal.)

Available after 4PM

Beef Stroganoff- Seared tenderloin tips, mushrooms, demi glaze - finished with sour cream over egg noodles. \$8.00 (400 cal.)

Sautéed Snow Peas (60 cal.)

Steamed Brussel Sprouts (50 cal.)

Roasted Potatoes (120 cal.)

Lemon Dill Basmati Rice (170 cal.)

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Shortline Specials & Delivery

9/15 – 9/20

Soup of the Week

Roasted Butter Nut Squash

Butternut squash, apple, coconut milk, vegetable broth, garlic, nutmeg and cinnamon. (70 cal.) \$2.75

Monday 9/15

Bison Chili Ground Bison, onions, peppers, beef broth, tomato, sour cream, jack and cheddar cheese. (160 cal.) \$2.75

Moroccan Vegetable Stew 🍏🌿 Moroccan spiced carrots, yams, potatoes, kale, apricots, garbanzo beans and lentils in a vegetable broth. (160 cal.) \$8.00

Salisbury Steak Pan seared chicken breast, finished with a brandy apricot cream sauce. \$8.00 (370 cal.)

Available At 4pm

Chicken Pot Pie Chicken breast slowly cooked in a savory cream sauce then topped with a flaky pie crust and baked. (800 cal.) \$8.00

Macaroni & Cheese (230 cal.)

Roasted Brussels Sprouts & Bacon (60 cal.)

Tuesday 9/16

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

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

Herb Crusted Cod 🍏🌿 Herb bread crumb crusted cod baked with lemon. (230 cal.) \$8.00

Available At 4pm

Kung Pao Chicken Tempura fried chicken breast, spicy kung pao sauce, sesame seeds, peppers and peanuts. \$8.00 (460 cal.)

Cilantro Lime Rice (140 cal.)

Sautéed Green Beans w/ Onions (45 cal.)

Wednesday 9/17 Latin Heritage Day

Chupe De Pollo \$ 2.75

Peruvian Chicken Corn Soup \$2.75

Corn Cake w/Black Beans & Queso \$12.00

Brazilian Fish Stew \$14.95

Available At 4pm

Cuban Shredded Beef & Vegetables \$12.00

Cuban Black Beans & Rice (150 cal.)

Sautéed Zucchini (80 cal.)

Thursday 9/18

Cream of Asparagus Soup Cream and asparagus. \$2.75 (180 cal.)

Chicken Arrabbiata Bone in chicken breast, braised in tomato, wine, butter and a touch of hot pepper. (490 cal.) \$8.00

Maple Bourbon Pork Chop Grilled pork chop topped with a maple bourbon bacon jam and goat cheese. \$8.00 (460 cal.)

Available At 4pm

Mussels in Fennel Tomato Sauce Mussels sautéed in wine, tomatoes, fennel, shallots, garlic, and herbs with grilled focaccia. (430 cal.) \$8.00

Roasted Potatoes (120 cal.)

Steamed Carrots (45 cal.)

Friday 9/19

Chicken Tortilla Soup Roast chicken, tomato and onions, topped with cheddar cheese and crispy tortilla strips in a chicken broth. (120 cal.) \$2.75

Chicken Pad Thai Noodles Chicken breast, tofu, egg, pepper, onions sweet and tangy tamarind sauce. (380 cal.) \$8.00

Sauteed Tilapia w/ Garlic Sauce Pan seared then topped with a roasted garlic lemon herb sauce. \$8.00 (370 cal.)

Available At 4pm

Steak Medallions w/ Diane Sauce Carved medallions of beef with a mustard, mushroom brandy cream sauce. (250 cal.) \$8.00

Jasmine Rice (130 cal.)

Sautéed Cabbage (35 cal.)

Saturday 9/20

White Chicken Chili Chicken, onions and peppers, chicken broth, tortilla, corn, sour cream and lime. (190 cal.) \$2.75

Linguine w/ Marinara 🍏🌿 Linguine pasta tossed with marinara sauce and finished with parmesan cheese. (240 cal.) \$8.00

Sautéed Pierogies w/ Onions 🌿 Traditional potato dumplings filled with potato and cheese served with sautéed onions. (360 cal.) \$8.00

Cod Cake Cod, potato, breadcrumbs, lemon, capers, onions and mayonnaise, served with remoulade sauce. (390 cal.) \$8.00

Succotash (100 cal.)

Creamed Spinach (50 cal.)

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