Weekly Specials 10/20-10/25

Full Static Menu Always Available

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

Atrium

Kung Pao Chicken - Tempura fried chicken breast, spicy kung pao sauce, sesame seeds, peppers and peanuts. (460 cal.) \$12.00

Corn Flake Crusted Haddock- Haddock, corn flakes, breadcrumbs, & mayonnaise with mango and pineapple salsa. (370 cal.) \$10.00

Steak Medallions with Diane Sauce- Carved medallions of beef with a mustard, mushroom brandy cream sauce. (250 cal.) \$12.00

Fireside

Pulled BBQ Chicken Bacon Sandwich- BBQ pulled chicken breast, cheddar cheese, bacon and coleslaw on a toasted brioche bun. (730 cal.) \$7.75

Flounder Florentine- Floured and pan seared flounder in a garlic, spinach, white wine, lemon cream sauce. (250 cal.) \$11.00

Beef Fajitas- Grilled marinated beef skirt steak, peppers, onions and warmed tortillas. Served with sour cream, guacamole and pico de gallo. (500 cal.) \$12.00

Chesapeake- No DELIVERY OFFERED

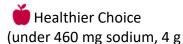
Fried Flounder Sandwich -Breaded flounder, brioche bun, tartar sauce, lettuce and tomato. \$12.00 (510 cal.)

General Tso's Tofu - Crispy marinated tofu, fried and tossed in a spicy and sweet sauce with broccoli and served over a bed of jasmine rice. \$15.00 (380 cal.)

Surf & Turf Grilled Beef NY Strip steak (140 cal.), topped with crab imperial. \$15.00 (140 cal.)

Gluten Free Bread and Buns Available Upon Request
Available at all restaurants
Fruit Special of the Week: Whole Pear







Terrace Café Specials 10/20-10/25

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 10/20

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.) Ranch Roasted Potatoes (100 cal.) Rice & Lentil Pilaf (190 cal.)

Tuesday 10/21

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 sautéed 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 10/22

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

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

Vegetable Stew - → Potatoes, carrots, celery, mushrooms and peas in a robust vegetable broth. \$8.00 (150 cal.)

Available after 4PM

Smoked Brisket- Rubbed with our house BBQ seasoning, slowly smoked then carved. \$8.00 (500 cal.)

Sautéed Zucchini (25 cal.) Sautéed Mushrooms (60 cal.) Corn O'Brien (120 cal.) Baked Potatoes (220 cal.)

Thursday 10/23

Red Bean, Sausage & Rice Soup- Red beans, andouille sausage, ham & chicken broth. \$2.75 (180 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

Spaghetti & Meat Sauce - Spaghetti with beef, wine, tomato and fresh herbs. \$8.00 (275 cal.)

Sautéed Yellow Squash (20 cal.) Harvard Beets (110 cal.) Farro (90 cal.) Roasted Garlic Mashed Potatoes (150 cal.)

Friday 10/24

Greek Lemon Chicken Soup- Lemon, egg, chicken, butter, rice and chicken broth. \$8.00 (120 cal.)

Pernil- Braised pork shoulder marinated in orange juice, garlic, oregano and cumin. \$8.00 (190 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.)
Cuban Black Beans & Rice (150 cal.)
Roasted Butternut Squash (120 cal.)

Saturday 10/25

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

Grilled Bourbon Pecan Chicken- Grilled chicken, bourbon, honey, pecans and butter. \$8.00 (580 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.)

Steamed Brussel Sprouts (50 cal.) Sautéed Snow Peas (60 cal.) Lemon Dill Basmati Rice (170 cal.) Roasted Potatoes (120 cal.)

Fruit Special of the Week: Whole Pear



Healthier Choice | Vegetarian (under 460 mg sodium, 4 g saturated fat, 10 g added sugar)

Shortline Specials & Delivery

10/20 - 10/25

Soup of the Week

Turkey Noodle Soup

Carrots, celery, onions, roasted turkey and egg noodles in chicken broth. (80 cal.) \$2.75

Monday 10/20

Country Harvest Soup Carrot, celery, onion, mushroom, rice, farro, quinoa, cream, vegetable broth and herbs. (140 cal.) \$2.75

Chicken Woodland Floured then sautéed chicken breast finished with mushrooms and a brandy cream sauce (320 cal.) \$8.00

Sausage & Peppers Sautéed sweet Italian sausage with garlic, onions, green and red peppers (340 cal.) \$8.00

Available At 4pm

Thai Salmon 🍎 Salmon filet, broccoli, peppers and onions with a sweet Thai chili sauce. (350 cal.) \$8.00

Sautéed Cabbage w. Bacon (80 cal.) Pumpkin Risotto (240 cal.)

Tuesday 10/21

Italian Wedding Soup Carrots, celery, onion, garlic, fresh herbs and seasoning with meatballs and pasta in chicken broth. (50 cal.) \$2.75

Chicken Piccata Floured then sautéed chicken breast finished with white wine, lemon, capers and cauliflower, roasted peppers, carrots, potatoes, butter. (300 cal.) \$8.00

Moroccan Stew • Moroccan spiced carrots, yams, potatoes, kale, apricots, garbanzo beans and lentils in a vegetable broth. (160 cal.) \$8.00 Available At 4pm

Beef Bourguignon Traditional French beef stew braised in Burgundy wine with bacon, pearl onions served over a bed of cheesy grits. (280 cal.) \$8.00 and carrots served over mashed potatoes. (520 cal.) \$8.00

Southern Green Beans (80 cal.) Loaded Mashed Potatoes (190 cal.)

Wednesday 10/22

Maryland Crab Soup Seafood broth, crab and mixed vegetables. \$2.75 (90 cal.)

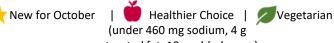
Piri-Piri Chicken Char Grilled chicken thigh, garlic, lemon, ginger, cilantro and piri-piri glaze. (410 cal.) \$8.00

Basa Shakshuka Tomato, Basa, spices and herbs. \$8.00 (170 cal.)

Available At 4pm

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

Grilled Asparagus (25 cal.) Potatoes O'Brien (100 cal.)



saturated fat, 10 g added sugar)

Thursday 10/23

Pumpkin Bisque Pumpkin, onion, garlic, butter, cream, vegetable broth nutmeg, ginger and honey. \$2.75 (210 cal.)

Chicken w/ Fig, Goat Cheese & Bacon Grilled chicken breast topped with a port wine, balsamic, bacon and fig reduction with goat cheese. (400 cal.) \$8.00

Pumpkin Manicotti Dumpkin, ricotta, mozzarella, brown butter, sage, pomegranate seeds, pumpkin seeds and parmesan. \$8.00 (550 cal.)

Available At 4pm

Cashew Shrimp Stir Fry Shrimp, cashews, broccoli sesame seeds and green onions over jasmine rice. (440 cal.) \$8.00

Cheesy Polenta (150 cal.) Green Beans w/ Tomato (35 cal.)

Friday 10/24

Split Pea Soup Split peas, carrots, celery and onion, potatoes and stock. (100 cal.) \$2.75

Beef Stew Tender cuts of beef sirloin braised in a rich sauce with red wine, carrots, celery, onions, potatoes then served over egg noodles. (500 cal.) \$8.00

Curried Vegetables w/ Rice * Ø Broccoli, onions, garlic, tomatoes and garbanzo beans in a curry sauce, served over Jasmine rice. (230 cal.) \$8.00

Available At 4pm

Shrimp & Grits Cajun spiced shrimp sautéed with peppers, onions, garlic, tomato and white wine,

Steamed Spinach (25 cal.) White Rice (140 cal.)

Saturday 10/25

Mushroom Barley Soup Mushroom, celery, carrots, onion, herbs in a vegetable broth with barley. (45 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

Stir Fry Pepper Steak Sliced beef, peppers, onions, snow peas, garlic, ginger and carrots in a sesame sauce served over a bed of Jasmine rice. (580 cal.) \$8.00

Kung Pao Shrimp Shrimp, spicy kung pao sauce, sesame seeds, peppers and peanuts. (390 cal.) \$8.00

Broccoli (40 cal.) Fried Rice (130 cal.)

Fruit Special of the Week: Whole Pear

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