

# 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**



New for October



Healthier Choice

(under 460 mg sodium, 4 g

saturated fat, 10 g added sugar)



Vegetarian

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# 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.)

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# 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 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 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.)

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## 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** 🌿 Pumpkin, 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** 🍏 🌿 Broccoli, cauliflower, roasted peppers, carrots, potatoes, 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, served over a bed of cheesy grits. (280 cal.) \$8.00

**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.)

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