# Weekly Specials 10/27-11/1

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

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

# **Atrium**

**Chicken Chesapeake -** Pan seared chicken breast topped with crab imperial and served with a creamy old bay sauce. (760 cal.) \$12.00

**Capellini with Marinara Sauce-** Classic thin style capellini pasta tossed in a traditional marinara sauce. (240 cal.) \$10.00

**Black Bean Burger Patty-** Pan seared patty of black beans, mushrooms, garlic, red pepper, chipotle, egg, and breadcrumbs. (170 cal.) \$12.00

\*On Friday, October 31st Halloween Candy Available at all Venues\*

# **Fireside**

**Chicken and Pork Spezzatino-** Italian sausage, chicken breast, peppers, onions, garlic, herbs, wine, butter and balsamic vinegar with potatoes. (400 cal.) \$9.75

Mojo Pork over Black Beans and Rice- Braised pork shoulder, garlic, citrus, oregano, cumin, cilantro over black beans and rice. (410 cal.) \$10.50

**Stuffed Pepper-** Baked pepper stuffed with sautéed beef, tomato sauce, rice and cheese. (380 cal.) \$8.00

\*On Friday, October 31st Halloween Candy Available at all Venues\*

# **Chesapeake- No DELIVERY OFFERED**

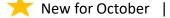
**Peanut Chicken-** Chicken, cabbage, rice noodles, Thai chili, coconut milk, peanut, soy sauce and sesame. \$12.00 (400 cal.)

**Bacon Cheddar BBQ Burger-** Beef burger topped with bacon, cheddar, lettuce, tomato and frizzled onions on a brioche bun. \$12.00 (790 cal.)

**Bay Style Tilapia-** Old Bay seasoned tilapia filet, sautéed and topped with lemon herb compound butter. \$12.00 (250 cal.)

\*On Friday, October 31st Halloween Candy Available at all Venues\*

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



Healthier Choice

| Wegetarian

(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.

# Shortline Specials & Delivery

10/27 - 11/1

# Soup of the Week Mushroom Barley Soup

Mushroom, celery, carrots, onion, herbs in a vegetable broth with barley. (45 cal.) \$2.75

# **Monday 10/27**

Italian Sausage & Bean Soup Cannellini beans, Italian sausage, onion, carrots, celery, garlic, parmesan cheese and onions in chicken broth. (130 cal.) \$2.75

**Chicken Croquette** Breaded patty of chicken, minced vegetables, herbs and spices. Served with gravy. (290 cal.) \$8.00

**BBQ Salisbury Steak** Herb and onion seasoned ground beef patty, served with BBQ Sauce and frizzled onions. (370 cal.) \$8.00

### **Available At 4pm**

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

Honey Glazed Carrots (130 cal.) Mashed Potatoes (140 cal.)

# **Tuesday 10/28**

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

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

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

Available At 4pm

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

Basmati Rice (140 cal.) Sautéed Green Bean & Onion (45 cal.)

# Wednesday 10/29

**Minestrone** Carrot, celery, onion, tomato, cabbage, fresh herbs, kidney beans, parmesan cheese and Ditalini pasta in tomato and vegetable broth. \$2.75 (70 cal.)

Baked Ziti Ziti, cream, tomato sauce, mozzarella and parmesan cheese. (670 cal.) \$8.00 BBQ Chicken Quarters BBQ marinated, bone-in leg and thigh of chicken slowly roasted. \$8.00 (430 cal.)

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

**Braised Collard Greens** (70 cal.) **Roasted Potatoes** (90 cal.)

# Thursday 10/30

**Corn Chowder** Sweet corn, celery, onions, red pepper, and green onions stewed with potatoes in vegetable broth with milk. \$2.75 (100 cal.)

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

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

Fried Shrimp Lightly battered. (420 cal.) \$8.00

Au Gratin Potatoes (160 cal.) Sautéed Spinach (40 cal.)

# Friday 10/31 Happy Halloween

\*Halloween Candy Available at All Venues\*
Tomato Basil Soup Tomato, garlic, onion and
fresh herbs in a vegetable broth. (40 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

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

Curried Vegetables Over Rice Proccoli, cauliflower, roasted peppers, carrots, potatoes, onions, garlic, tomatoes and garbanzo beans in a curry sauce, served over Jasmine rice. (230 cal.) \$8.00

Stewed Tomatoes (30 cal.) Buttered Corn (110 cal.)

# Saturday 11/1

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

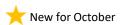
**Linguine in Marinara Sauce** Linguine pasta tossed with marinara sauce and finished with parmesan cheese. (240 cal.) \$8.00

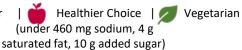
**Bay Style Tilapia** Old Bay seasoned tilapia filet, sautéed and topped with lemon herb compound butter. (250 cal.) \$8.00

Cream Chipped Beef Over Biscuit (150 cal.) \$8.00 Biscuit (250 cal.)

Baked Sweet Potato (190 cal.) Italian Vegetable Medley (35 cal.)

Fruit Special of the Week: Half Grapefruit





# Terrace Café Specials 10/27-11/1

### Soup of the Week

**Vegetarian Split Pea Soup-**★ **Ø** Split peas, carrots, celery and onion, Potatoes and stock. \$2.75 (100 cal.)

### Monday 10/27

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

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

Bay Style Tilapia -Old Bay seasoned tilapia filet, sautéed and topped with lemon herb compound butter. \$8.00 (250 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.)

Broccoli & Cauliflower (35 cal.) Braised Fennel (80 cal.) Buttered Corn (110 cal.) Basmati Rice (140 cal.)

### **Tuesday 10/28**

Tuscan Farro Soup- Italian sausage, farro, escarole, carrots, celery, onions and herbs in chicken broth. \$2.75 (100 cal.)

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

### Available after 4PM

Roasted Pork Loin -Lemon and fresh herb marinated. \$8.00 (180 cal.) w/ Mushroom Cream sauce. (270 cal.)

Steamed Green Beans (35 cal.)

Sauerkraut (30 cal.)

Cornbread Stuffing (120 cal.)

Sour Cream & Chive Mashed Potatoes (140 cal.)

### Wednesday 10/29

Turkey Chili- Turkey, onions and peppers cooked in tomato and chicken broth, garnished with sour cream, scallions and cheddar cheese. \$2.75 (200 cal.)

Chicken Oregonata - Oregano and bread crumb crusted chicken breast finished with butter, lemon, oregano and white wine. \$8.00 (550 cal.)

Cod Dijonnaise -Baked Cod brushed with a creamy horseradish dijonnaise and topped with breadcrumbs and parmesan cheese. \$8.00 (320

### Available after 4PM

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

Steamed Carrots (45 cal.) Orange Glazed Beets (90 cal.) Rice Pilaf (130 cal.) Baked Potatoes (220 cal.)

### Thursday 10/30

Meatball Soup-Meatballs, vegetables, fresh herbs and pasta in tomato and beef broth. \$2.75 (60 cal.)

Kung Pao Chicken-Tempura fried chicken breast, spicy kung pao sauce, sesame seeds, peppers and peanuts.

\$8.00 (460 cal.)

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

### Available after 4PM

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

Southern Green Beans (80 cal.) Sautéed Broccolini (40 cal.) Succotash (100 cal.) Roasted Yukon Potatoes (100 cal.)

## Friday 10/31 Happy Halloween

\*Halloween Candy Available At All Venues\* Pumpkin Chili- Pumpkin, black beans, tomato, onions, peppers and garlic simmered in vegetable broth then topped with crispy tortilla strips and lime. \$8.00 (270 cal.)

Orange Sesame 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.)

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

**Available after 4PM** 

**Carved Ham -**\$8.00 (170 cal.) w/ Apple Fig Sauce (60 cal.)

Steamed Broccoli (40 cal.) Peas & Pearl Onions (100 cal.) Cajun Style Corn (140 cal.) White Rice (140 cal.)

### Saturday 11/1

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

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

Sweet & Sour Pork-Pork, onion, peppers, pineapple, sweet and sour sauce over jasmine rice. \$8.00 (490 cal.)

### **Available after 4PM**

Chicken Lo Mein- 

Chicken breast, mixed vegetables, ginger, garlic and sesame oil, with lo mein noodles. \$8.00 (290 cal.)

Steamed Vegetable Medley (35 cal.) Sautéed Yellow Squash (20 cal.) Jasmine Rice (130 cal.) Red Bliss Mashed Potatoes (140 cal.)

> Fruit Special of the Week: **Half Grapefruit**

