

Weekly Specials

1/26-1/31

Full Static Menu Always Available

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

Atrium

Buddha Bowl- Roasted kale, broccolini, yams, feta, roasted garbanzo beans and Tahini Dressing. (310 cal.) \$12.00

Fish and Chips- Beer battered fried cod, served with French fries and fresh lemon. (480 cal.) \$10.00

Tenderloin Tips over Mashed Potatoes- Sautéed beef tips in a mushroom and brandy demi glaze served over mashed potatoes. (430 cal.) \$10.00

On Monday, January 26th Please See Additional Heart Healthy Salad

Crispy Lentil and Sweet Potato Salad (Not in Net Menu)

Brown lentils, sweet potato, celery, dry cranberries and parsley. \$10.00 (225 cal.)

(Allergens: None) **Dressing-** Olive oil, Dijon mustard, honey, balsamic vinegar

On Wednesday, January 28th Please See Chef Showcase Specials (Chef Nicole)

Fireside

Chicken Pesto Flatbread- Diced chicken, pesto, mozzarella, roasted peppers, caramelized onions, arugula and balsamic glaze. (840 cal.) \$10.00

Beef Noodle Casserole- Ground beef, garlic, onion, peppers, wine, tomato, basil, and macaroni pasta. (495 cal.) \$7.75

Bratwurst, Beer and Onions- German style pork sausage, braised in beer with peppers and onions - grilled to order. (310 cal.) \$7.00

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Crispy Lentil and Sweet Potato Salad (Not in Net Menu)

Brown lentils, sweet potato, celery, dry cranberries and parsley. \$10.00 (225 cal.)

Allergens: None **(Available All Day) Dressing-** Olive oil, Dijon mustard, honey, balsamic vinegar

Chesapeake- No DELIVERY OFFERED

Pan Seared Catfish- Filet of catfish lightly seasoned then pan seared. (210 cal.) \$12.00

Honey Walnut Shrimp- Pan fried shrimp tossed in a honey aioli sauce, garnished with candied walnuts. (500 cal.) \$15.00

Green Chili & Pork Stew- Pork, vegetables, chicken and beef broth, tomato, sour cream, cheddar and green onion. \$12.00 (230 cal.)

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(Allergens: None) **Dressing-** Olive oil, Dijon mustard, honey, balsamic vinegar

Gluten Free Bread and Buns Available Upon Request

Available at all restaurants

Fruit Special of the Week: Prunes



New for January



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.