

Weekly Specials

9/7-9/12

Full Static Menu Always Available

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

Atrium

Lunch & Dinner Specials

BBQ Pulled Chicken- Braised chicken breast with a sweet and tangy BBQ sauce. (150 cal.) \$12.00

Salmon Cake- Salmon, herb, lemon, breadcrumb, mayonnaise, Dijon mustard. (280 cal.) \$10.00

Stuffed Cuban Pork Loin- Pork Loin, citrus, garlic, fresh herbs, ham, Swiss cheese, mustard and pickles. (230 cal.) \$10.00

**On Monday, September 7th, Please See Labor Day Menu. Buffet Hours 11am-2pm*

Crab and Go Specials @ Charlestown Square

Carryout only Open Monday-Friday 1pm-5pm

Maryland Crab Soup (90 cal.)

Crab Cake Sandwich (590 cal.)

Shrimp Salad Sandwich (340 cal.)

Hot Dog (290 cal.) w Bun (440 cal.)

BBQ Pulled Pork Sandwich (630 cal.)

BBQ Chicken Quarters (430 cal.)

Italian Cold Cut (790 cal.)

Desserts

Sundae Bar

Cookies (180-200 cal.)

Sides

Baked Beans (130 cal.)

Broccoli and Cauliflower

Crunch Salad (70 cal.)

Coleslaw (140 cal.)

Potato Salad (180 cal.)

Potato Chips (450 cal.)

Whole Fruit

On Monday, September 7th, Crab and Go is closed

Chesapeake- No DELIVERY OFFERED

Shrimp Salad Sandwich - Shrimp salad in a mayonnaise dressing, served on white bread with lettuce and tomato. (340 cal.) \$12.00

BBQ Chicken Quarter - BBQ marinated, bone-in leg and thigh of chicken slowly roasted. (390 cal.) or BBQ marinated and roasted, bone-in breast of chicken. (420 cal.) \$15.00

Beef Stir Fry- Marinated beef with carrots, onions, peppers, asparagus, snow peas and bourbon in a hoisin sauce with white rice. \$15.00 (280 cal.)

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ASK YOUR SERVER WHICH ENTREES CAN BE "SIMPLY PREPARED"

Gluten Free Bread and Buns Available Upon Request

Available at all restaurants

Fruit Special of the Week: Whole Orange



New for September



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.