

Weekly Specials

10/19-10/24

*****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

Lasagna with Meat Sauce- Pasta layered with parmesan, mozzarella, ricotta, and our savory meat sauce. (630 cal.) \$12.00

Chicken Imperial- Chicken breast, white wine, crabmeat, mayonnaise, lemon and spices. (430 cal.) \$10.00

Salmon Stir Fry- Salmon, onions, broccoli, carrots, peppers, garlic, ginger, brown rice and sesame seeds. (280 cal.) \$10.00

Crab and Go Specials @ Charlestown Square

Carryout only Open Monday-Friday 1pm-5pm

Beef Vegetable Soup (100 cal.)

Crab Salad Sandwich (280 cal.)

Bratwurst w/ Peppers and Onions (310 cal.)

Ham and Cheese Wrap (510 cal.)

Burnt End Sandwich (450 cal.)

Tuna Salad Sandwich (370 cal.)

Thai Chicken Wrap (720 cal.)

Sides

Asian Green Beans (40 cal.)

Coleslaw (140 cal.)

Peas and Carrots (110 cal.)

Waldorf Salad (210 cal.)

Tomato and Onion Salad (60 cal.)

Potato Chips (450 cal.)

Whole Fruit

Desserts

Sundae Bar

Cookies (180-200 cal.)

Chesapeake- No DELIVERY OFFERED

Beef Chili with Cornbread- Beef, onions and peppers cooked in tomato and beef broth. (350 cal.) Cornbread (260 cal.) \$12.00

Blackened Catfish- Pan seared Cajun spiced catfish filet. \$12.00 (200 cal.)

Chef Salad- Green leaf, iceberg and romaine lettuce - Turkey, ham, cheddar cheese, swiss cheese, tomato, cucumber and hard-boiled egg. (390 cal.) \$15.00

Gluten Free Bread and Buns Available Upon Request

Available at all restaurants

Fruit Special of the Week: Clementine

ASK YOUR SERVER WHICH ENTREES CAN BE "SIMPLY PREPARED"



New for October

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Healthier Choice

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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.