

Weekly Specials

10/26-10/31

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

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.) \$12.00

Rockfish with Shrimp Sauce- Rockfish with a creamy shrimp sauce. (570 cal.) \$10.00

Beef Pot Pie- Beef, red wine, carrots, celery, onions, potatoes, peas, baked in a pie crust. (740 cal.) \$10.00

On Saturday, October 31st Halloween Candy will be Available at all Venues

Crab and Go Specials @ Charlestown Square

Carryout only Open Monday-Friday 1pm-5pm

Maryland Crab Soup (90 cal.)

Crab Cake Sandwich (590 cal.)

Grilled Lemon Chicken Quarter (350 cal.)

Pit Beef Sandwich (480 cal.)

Pulled Pork Sandwich (630 cal.)

Seafood Salad Sandwich (340 cal.)

Chicken Salad Sandwich (450 cal.)

Sides

Baked Beans (130 cal.)

Coleslaw (140 cal.)

Honey Glazed Carrots (130 cal.)

Roasted Sweet Potato Salad (240 cal.)

Pear and Cottage Cheese Salad (70 cal.)

Potato Chips (450 cal.)

Whole Fruit

Desserts

Sundae Bar

Cookies (180-200 cal.)

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Chesapeake- No DELIVERY OFFERED

Ham with Rum Raisin Sauce- Hardwood smoked ham topped with a sweet, tangy orange raisin rum sauce, with clove and cinnamon. (400 cal.) \$12.00

Salmon Cake- Salmon, herb, lemon, breadcrumb, mayonnaise, dijon mustard. (500 cal.) \$15.00

Kale & Bleu Cheese Salad- Crispy bacon, sliced apples, dried cranberries, candied pecans, blue cheese and kale. (510 cal.) \$12.00

On Saturday, October 31st Halloween Candy will be Available at all Venues

Gluten Free Bread and Buns Available Upon Request

Available at all restaurants

Fruit Special of the Week: Whole Apple

ASK YOUR SERVER WHICH ENTREES CAN BE "SIMPLY PREPARED"

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

★ New for October



Healthier Choice



Vegetarian

(under 460 mg sodium, 4 g saturated fat, 10 g added sugar)