

Weekly Specials

11/2-11/7

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

Tofu Tikka Masala- Marinated tofu in a coconut & tomato sauce. (270 cal.) \$12.00

BBQ Chicken Quarter- BBQ marinated, bone-in leg and thigh of chicken slowly roasted. (440 cal.) \$10.00

Honey Baked Ham- Applewood smoked ham baked with a honey glaze. (240 cal.) \$10.00

***On Wednesday, November 4th Please See Southern Comfort Specials*
Static Menu Available Also**

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.)

Jerk Chicken Quarter (420 cal.)

Carolina Pulled Chicken Sandwich (190 cal.)

Meatball Sub (720 cal.)

Chicken Caesar Wrap (710 cal.)

Sides

Baked Beans (130 cal.)

Carolina Coleslaw (50 cal.)

Braised Collard Greens (30 cal.)

Corn and Black Bean Salad (200 cal.)

Succotash (90 cal.)

Potato Chips (450 cal.)

Whole Fruit

Desserts

Sundae Bar

Cookies (180-200 cal.)

Chesapeake- No DELIVERY OFFERED

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

Mary Kay Salad- Romaine lettuce, garbanzo bean, red onion, bacon and blue cheese crumbles with Italian and blue cheese mix dressing. \$12.00 (600 cal.)

Chicken & Dumplings- Chicken breast braised in a savory cream sauce served with traditional sour cream dumplings. \$12.00 (610 cal.)

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**Gluten Free Bread and Buns Available Upon Request
Available at all restaurants**

Fruit Special of the Week: Whole Orange

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 November

| 🍏 Healthier Choice
(under 460 mg sodium, 4 g saturated fat, 10 g added sugar)

| 🌿 Vegetarian