



APRIL 2011 VALUE MEAL MENU



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FOCUS DATE

LUNCH
\$6.29

Fajita Chicken Flat Bread Tostada
flat bread pita with refried beans,
chicken fajita meat, peppers, onions
and Cheddar cheese
Tortilla Chips and Cheese Sauce
Fresh Fruit

\$7.35

Fried Shrimp
Loaded Potato Skins
Green Beans
Dinner Roll
Strawberry Cream Cake
VEGAN DINNER OPTION
Fried Mushroom and Spicy Tofu

LUNCH
\$6.29

Flounder Flat Bread Sandwich
with mushroom, onions and tomato
topped with Cheddar cheese
Coleslaw
Fresh Fruit

WING NIGHT
\$7.35

BBQ or Hot Chicken Wings
Seasoned Potato Wedges
Texas Coleslaw
Banana Rum Pound Cake
VEGAN DINNER OPTION
Stuffed Portobello Mushroom

BBQ COOKOUT (No Dinner for SC)

LUNCH
\$6.29

Shredded Barbecue Beef Sandwich
with cucumber pepper coleslaw
on a Kaiser roll
Sweet Potato Fries
Fresh Fruit
DINNER \$7.35
Blackened Salmon and
Shrimp Jambalaya Rice
Broccoli in Cheddar Cheese Sauce
Dinner Roll
Coconut Meringue Pie
VEGAN DINNER OPTION
Mushroom Fettuccini Alfredo

FOCUS DATE

LUNCH
\$5.99

Chicken Florentine
Sautéed Chicken Breast with Spinach Tomato
Cream Sauce served with Fettuccini Pasta
Bread Stick
DINNER \$7.35
Crab Cake Sandwich
on a Egg Kaiser Roll with Cajun Remoulade,
Muenster Cheese, Lettuce and Tomato
Coleslaw • Onion Rings
Devil's Food Cake
with Marshmallow Icing
VEGAN DINNER OPTION
Chickpea Calzone

LUNCH
\$6.29

Chicken Broccoli Divan
Creamy chicken and broccoli casserole
with Cheddar cheese over egg noodles
Fresh Fruit

WING NIGHT
\$7.35

BBQ or Hot Chicken Wings
Seasoned Potato Wedges
Texas Coleslaw
Banana Rum Pound Cake
VEGAN DINNER OPTION
Fried Mushroom and Spicy Tofu

BRUNCH
\$4.39

Waffle French Toast
Scrambled Eggs or
Scrambled Eggs with Cheese
One Pork Sausage Link
or Three Strips of Bacon
Hash Brown Potatoes

DINNER
\$7.35

Three Cheese Spaghetti Pie
A spaghetti casserole with tomatoes, fontina,
Parmesan and Asiago cheeses
with Meatballs and Marinara Sauce
Garlic Breadstick
Decadent Apple Cake
VEGAN DINNER OPTION
Mushroom Ragout with Corn Cakes

BRUNCH
\$4.39

Waffle French Toast
Scrambled Eggs or
Scrambled Eggs with Cheese
One Pork Sausage Link
or Three Strips of Bacon
Hash Brown Potatoes

DINNER
\$7.35

Grilled Bruschetta Chicken
Au Gratin Potatoes
Broccoli
Corn Bread Muffin
Coconut Cake
VEGAN DINNER OPTION
Sloppy Joe
with Lemon Pepper Fries

BRUNCH
\$4.39

Waffle French Toast
Scrambled Eggs or
Scrambled Eggs with Cheese
One Pork Sausage Link
or Three Strips of Bacon
Hash Brown Potatoes

DINNER
\$7.35

Chicken Fajita
Spanish Rice
Barbecue Red Beans
Blueberry Bundt Cake
VEGAN DINNER OPTION
Chicken Fajita Wrap
Nacho Chips with Cheese Sauce & Salsa

BRUNCH
\$4.39

Waffle French Toast
Scrambled Eggs or
Scrambled Eggs with Cheese
One Pork Sausage Link
or Three Strips of Bacon
Hash Brown Potatoes

DINNER
\$7.35

Sesame Chicken Wings
Fried Rice
Vegetable Egg Roll
Lemon Meringue Pie
VEGAN DINNER OPTION
Sweet and Sour Chicken
with Sticky Rice

MARYLAND DAY

BRUNCH
\$4.39

Waffle French Toast
Scrambled Eggs or
Scrambled Eggs with Cheese
One Pork Sausage Link
or Three Strips of Bacon
Hash Brown Potatoes

DINNER
\$7.35

Three Cheese Spaghetti Pie
A spaghetti casserole with tomatoes, fontina,
Parmesan and Asiago cheeses
with Meatballs and Marinara Sauce
Garlic Breadstick
Decadent Apple Cake
VEGAN DINNER OPTION
Mushroom Ragout with Corn Cakes

BRUNCH
\$4.39

French Toast
Scrambled Eggs or
Scrambled Eggs with Cheese
One Pork Sausage Link
or Three Strips of Bacon
Lyonnais Potatoes

DINNER
\$7.35

Sundried Tomato and Cheddar
Cruised Tilapia
Pesto Orzo Pasta
Italian Blend Vegetables
Cauliflower, Zucchini,
Sliced Carrots and Lima Beans
Vanilla Glazed Chip Cake
VEGAN DINNER OPTION
Au Gratin Potatoes
with Spicy Collard Greens

BRUNCH
\$4.39

French Toast
Scrambled Eggs or
Scrambled Eggs with Cheese
One Pork Sausage Link
or Three Strips of Bacon
Lyonnais Potatoes

DINNER
\$7.35

Tilapia Piccata
tilapia is in a light egg and cheese batter
with white wine butter sauce
Egg Noodles
Sautéed Vegetable Medley
Banana Cream Pie
VEGAN DINNER OPTION
Enchilada Casserole

BRUNCH
\$4.39

French Toast
Scrambled Eggs or
Scrambled Eggs with Cheese
One Pork Sausage Link
or Three Strips of Bacon
Lyonnais Potatoes

DINNER
\$7.35

Pepper Steak with Jasmine Rice
Oriental Blend Vegetables
Green Beans, Broccoli, Onions
and Red Peppers
Poppy Seed Dinner Roll
Chocolate Cherry Pound Cake
VEGAN DINNER OPTION
Vegetable Pot Pie

BRUNCH
\$4.39

French Toast
Scrambled Eggs or
Scrambled Eggs with Cheese
One Pork Sausage Link
or Three Strips of Bacon
Lyonnais Potatoes

DINNER
\$7.35

Beef Fajitas
with Spanish Rice
Barbecue Red Beans
Spiced Peach Crumb Cake
VEGAN DINNER OPTION
Roasted Eggplant Alfredo
Garlic Cheese Bread

LUNCH
\$6.29

Chicken Parmesan Sandwich
Seasoned Potato Wedges
Fresh Fruit

DINNER
\$7.35

Country Fried Steak
Mashed Potatoes
Chuck Wagon Corn
Biscuit
Orange Bundt Cake
VEGAN DINNER OPTION
Fried Hot and Spicy Tofu
with Pad Thai Noodles

LUNCH
\$6.29

Buffalo Chicken Sandwich
Twister Fries
Fresh Fruit

DINNER
\$7.35

Chicken Véronique
over Bow-Tie Pasta
Italian White Roll
Spice Cake
with Cream Cheese Icing
VEGAN DINNER OPTION
Wild Mushroom Burgundy
with Fried Penne Pasta

LUNCH
\$6.29

Toasted Chicken Cabonara Sandwich
Chicken, Bacon, Mozzarella and Alfredo Sauce
served on a Sub Roll

DINNER
\$7.35

Jerk Chicken and Roasted Eggplant
on Spinach Penne Pasta
Jerk spiced chicken breast and penne pasta with
spinach roasted eggplant, carrots and peppers
Italian Herbed Parker House Roll
Oreo® Brownie
VEGAN DINNER OPTION
Lentil Burger
Nacho Chips with Cheese Sauce & Salsa

LUNCH
\$5.99

Toasted Moroccan Chicken
Flatbread Sandwich
Moroccan chicken, feta cheese, on flatbread
toasted. Served with fresh tomatoes, shredded
romaine lettuce, sliced red onions and topped
with original Moroccan Sauce.
Tater Tots

DINNER
\$7.35

Blacken Catfish
with Andouille Sausage Jambalaya
Onion, Pepper Butter Sauce and Tomatoes
Dinner Roll
Chocolate Cake with Icing
VEGAN DINNER OPTION
Farmers Stew with Couscous

LUNCH
\$6.29

Toasted Ancho Beef and Cheddar
on a Kaiser Roll
Steak Fries
Fresh Fruit

DINNER
\$7.35

Chicken Dijon
grilled chicken breast with
a tangy mustard sauce
Egg Noodles
Julienne Vegetables
Cookies and Cream Pie
VEGAN DINNER OPTION
Vegetable Etouffee
over White Rice

LUNCH
\$6.29

Shrimp Po'Boy Sandwich
Coleslaw
Beer-Battered Fries

DINNER
\$7.35

Toasted Barbecue
Country Fried Steak Sandwich
with sautéed onions, mushrooms and
American cheese on a soft Kaiser Roll
Tater Tots
Green Beans
Tippy Sherry Trifle
VEGAN DINNER OPTION
Herbed Winter Vegetable Roast

LUNCH
\$6.29

Crispy Chicken Sandwich
with Bacon and Swiss Cheese
Onion Rings
Fresh Fruit

DINNER
\$7.35

Tex Mex Chicken Pot Pie
Tortilla Chips and Cheese Sauce
Fresh Fruit
Cranberry/Orange Bundt Cake
VEGAN DINNER OPTION
Mushroom Stroganoff
with Creamy Orzo Pasta

LUNCH
\$6.29

Jack Daniel's® Beef Sandwich
with Swiss Cheese and Tabasco Onions
on an Onion Roll
Maryland Fried Chip Fries
Fresh Fruit

DINNER
\$7.35

Open Faced Chicken Cordon Bleu
with Supreme Sauce
Scalloped Potatoes
Steamed Broccoli
Iced Chocolate Brownie
VEGAN DINNER OPTION
Chow Mein
with Crisp Fried Noodles

LUNCH
\$6.29

Sweet and Sour Chicken
with Sticky Rice
Vegetable Egg Roll

DINNER
\$7.35

Brisket (carved to order)
Beef Brisket Roasted with Diced Tomatoes,
Raisins, Brown Sugar and Garlic
Parmesan Roasted New Potatoes
Baby Carrots
Biscuit
Carrot Cake
VEGAN DINNER OPTION
Beef, Spinach and Mushrooms Chili
with Bow Tie Pasta

LUNCH
\$6.29

Chicken Fajita Pasta
Chicken, tri color Rotini pasta mixed with
pico de gallo, salsa cream sauce,
Cheddar Cheese and sour cream

DINNER
\$7.35

Tri-Color Nacho Chips
Fresh Fruit
Tortellini Spinach Casserole
tri-color cheese tortellini baked
with mushrooms and spinach
in an asiago cheese sauce
Italian Vegetables
Garlic Bread
Chocolate Mint Brownie
VEGAN DINNER OPTION
Potato & Onion Pierogies
with Applesauce or Marinara Sauce

LUNCH
\$6.29

Memphis Dry Rub Pulled Pork
Sandwich on an Onion Roll
Cole Slaw
Tater Tots

DINNER
\$7.35

Coulibiac
Salmon, spinach and rice
in a flaky puff pastry turnover
Hearty Vegetable Stew
Boston Cream Pie
VEGAN DINNER OPTION
Fried Eggplant
with Spinach Curry

LUNCH
\$6.29

Buffalo Chicken Sandwich
Beer-Battered Fries
Fresh Fruit

DINNER
\$7.35

Six Cheese Lasagna
with Marinara Sauce
Italian Blend
Cauliflower, Zucchini,
Sliced Carrots and Lima Beans
Garlic Bread
White Chocolate Mousse Cake
VEGAN DINNER OPTION
Seared Chicken
with Broccoli Tomato Fettuccini

LUNCH
\$6.29

Chicken and Cheese Enchiladas
Creamy Cheesy Chicken rolled in Flour
Tortillas topped with Spicy Tomato
Sauce and Cheddar Cheese
Spanish Rice • Mexican Corn

STEAK & SHRIMP NIGHT
\$8.95

6 oz. Grilled Red-Eye Steak
Loaded Baked Potato
Corn on the Cob
Dessert
Also Available
Fried Shrimp & Onion Rings
VEGAN DINNER OPTION
Potato & Onion Pierogies
with Applesauce or Marinara Sauce

LUNCH
\$6.29

Toasted Italian Meatball Sub
with Provolone Cheese
Tater Tots
Fresh Fruit

DINNER
\$7.35

Beef Chimichanga
spicy beef and cheese wrapped
in a flour tortilla and baked
to a crisp golden brown
Green Saffron Rice
Nacho Chips and Cheese Sauce
Chocolate Chip Blondie
VEGAN DINNER OPTION
Potato Pancakes
with Corn Fritters

LUNCH
\$6.29

Amraccia Chicken
Lightly Breaded Baked Chicken
Breast with Lemon Citrus Glaze
Vegetable Basmati Rice
Portuguese Roll

DINNER
\$7.35

Chorizo Sausage & Black Bean
Stuffed Pepper
green pepper stuffed with black beans,
peppers, Cheddar cheese, chorizo sausage
and rice
Lyonnais Potatoes • Fresh Fruit
Pineapple Upside Down Cake
VEGAN DINNER OPTION
Hearty Macaroni
with Roasted Vegetables

LUNCH
\$5.99

Hot Sicilian
Ham, Pepperoni, Provolone Cheese
on a Ciabatta Bread
Potato Chips
Fresh Fruit

DINNER
\$7.35

Chicken Pacific
Chicken breast breaded in an herb sour cream
and crushed corn flakes
Exploded Baked Potato
Green Beans
Biscuit
Cup Cake
VEGAN DINNER OPTION
Sweet Potato Palenta
Shepherd's Pie