



WEEK OF MONDAY SEPTEMBER 26  
DAILY SPECIALS

MONDAY	<b>Pan Fried Cod Cakes</b>	\$5.99
	Pan Fried Cod Cakes Seasoned with Old Bay, Red Peppers, Scallions and Parsley. Served with Lemon Tartar Sauce	
TUESDAY	<b>Jamaican Jerk Chicken</b>	\$4.29
	Roasted chicken marinated in olive oil and Caribbean jerk seasoning	
TUESDAY	<b>Sauteed Chicken Marsala</b>	 \$4.29
	Pan seared chicken breast served with a mushroom marsala wine sauce	
TUESDAY	<b>Beef Ragu over Farfalle</b>	 \$4.59
	Beef Stew with Italian Herbs and Red Wine Parmesan Crusted Cauliflower 	
WEDNESDAY	<b>Lemon Thyme Roast Turkey</b>	 \$4.29
	Reduced sodium roasted turkey glazed with honey, lemon, fresh thyme, sage and parsley	
WEDNESDAY	<b>Chicken Parmesan over Linguine</b>	 \$4.59
	Baked chicken parmesan over linguine with marinara sauce	
THURSDAY	<b>Chicken Shawarma and Tabouleh Bowl</b>	\$5.99
	Shawarma chicken over tabbouleh and greens with hummus, tzatziki sauce, tomato salad and seasoned pita chips	
THURSDAY	<b>Braised Pot Roast</b>	\$4.29
	Beef roast braised with carrots and onions, served with natural pan juices Middle Eastern Roasted Vegetables	
FRIDAY	<b>Chipotle Chicken Tinga Tacos</b>	 \$5.99
	White corn tortilla topped with chicken tinga, refried black beans, pickled red onions, cilantro and chipotle sauce	
SATURDAY	<b>Grilled Garlic &amp; Herb Tilapia</b>	 \$4.59
	Sauteed Chicken Marsala  \$4.29	
SATURDAY	<b>Herb Roasted Turkey Breast</b>	 \$4.29
	Pan seared chicken breast served with a mushroom marsala wine sauce Juicy and Delectable Turkey Breast Roasted in a Savory Layer of Classic Herbs: Garlic, Parsley, and Thyme	
SUNDAY	<b>Dijon Pork Tenderloin</b>	 \$4.29
	Grilled Pork Tenderloin Marinated in Dijon Vinaigrette	
SUNDAY	<b>Buttermilk Fried Chicken</b>	\$4.29
	Buttermilk Breaded Pieces of Fried Chicken	

SOUPS

	12oz	16oz
<b>Soup</b>	\$3.19	\$4.19
<b>Chowder &amp; Chili</b>	\$3.99	\$4.99

Innovations Bar

MON		
Baked Potato Station		\$3.99
Have Your Spud Your Way! Choose Your Favorite		
TUE		
Jambalaya		\$7.20
Louisiana Creole Dish of Chicken, Sausage, Shrimp, Rice and Spices		
WED		
Macaroni & Cheese Bar		\$7.20
The Ultimate Comfort Food Made Your Way...With An Incredible, Mouth-Watering Assortment of Toppings		
THU		
Fajita Bar Action Station		\$6.99
Classic chicken or beef fajitas. Served with Mexican rice, refried beans and house fried tortilla chips		
FRI		
Beef Empanadas		\$7.84

THIS WEEK'S EVENTS


Apples are September Superfood!  
Apple Parfaits all week!


CAFE HOURS


Mon-Friday 6:30am-6:30pm  
Saturday & Sunday 7:00am-6:30am


MANAGERS

Christopher Ash(Ext. 4847)  
James Nottke(Ext. 6236)

 Vegan

 Vegetarian

 Wellness

 Plant Based

**\*NOTE:** Before placing your order, please inform your server if you have a food allergy