WEEK OF MONDAY JULY 17
DAILY SPECIALS

**MONDAY**

**Vegetarian Korean Rice Bowl** $5.99
Stir Fried Veggies, Scrambled Eggs, and Zesty Black Bean Burger on a Bed of Brown Rice

**5 Spice Teriyaki Chicken** $4.29
Five Spice and Soy Sauce Marinated Roasted Chicken Thighs with Onions

**Cashew Crusted Chicken with Marmalade** $4.29
Cashew Crusted Chicken With Sweet Marmalade

**Sesame Pork Loin** $4.29
Roasted Pork Loin Marinated in Asian Flavors.

**TUESDAY**

**Citrus Crusted Baked Tilapia** $4.29
Tilapia Fillet Baked with a Bread Crumb Topping Flavored with Lemon and Orange Zest

**Chipotle Chicken Bowl** $5.99
Cilantro rice topped with chipotle chicken, roasted vegetables, black bean corn salsa and guacamole

**WEDNESDAY**

**Dijon Pork Tenderloin** $4.29
Grilled Pork Tenderloin Marinated in Dijon Vinaigrette

**Huli Huli Chicken Tacos** $4.59
Whole wheat tortilla with balsamic chicken, charred pineapple, mozzarella, tomato, honey BBQ sauce and cilantro

**THURSDAY**

**Chicken & Cheese Enchiladas Verde** $4.59
Roasted chicken rolled in a crisp corn tortilla with cheddar and jack cheese topped with a green enchilada sauce

**Cajun Blackened Shrimp Bowl** $5.99
Cajun brown rice topped with cajun roasted sweet potatoes, blackened shrimp, corn and cajun remoulade sauce

**FRIDAY**

**Cheese Ravioli with Bolognese Sauce** $4.29
Cheese ravioli topped with bolognese sauce, mozzarella and parmesan cheeses and Italian parsley

**Meatloaf with Spanish Onions** $4.29
Perfectly Seasoned and Perfectly Juicy Pure Beef with Spanish Onions. A Classic!

**SATURDAY**

**Pan Fried Cod Cakes** $5.99
Pan Fried Cod Cakes Seasoned with Old Bay, Red Peppers, Scallions and Parsley. Served with Lemon Tartar Sauce

**Herb Roasted Turkey Breast** $4.29
Juicy and Delectable Turkey Breast Roasted in a Savory Layer of Classic Herbs: Garlic, Parsley, and Thyme

**SUNDAY**

**SOUPS**

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**Innovations Bar**

**MON**
Baked Potato Station $5.99
Have Your Spud Your Way! Choose Your Favorite

**TUE**
Fried Potato Skins With Toppings $7.20
Deep fried potato skins topped with creamy cheddar cheese sauce, bacon bits and sour cream

**WED**
Spicy Buffalo Chicken Wings $1.49
Fried chicken wings tossed with spicy buffalo sauce and served with celery sticks and dressing

**THU**
Apple Cobbler $7.20
Warmed Baked Fruit With a Flaky Pastry Crust.

**FRI**
Fried Ravioli $7.20
Crispy fried breaded Italian seasoned ravioli

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

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

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