

WEEK OF MONDAY MARCH 20
DAILY SPECIALS

MONDAY

Chicken Tikka Masala  \$4.29

Tandoori roasted chicken simmered with creamy tomato masala curry sauce

Kansas City BBQ Pork Loin \$4.59

Pork Roast Marinated in a Brown Sugar Dry Rub Then Braised with a Smoky, Molasses BBQ Sauce

TUESDAY

Apple Cider Glazed Pork Tenderloin  \$4.29

Rosemary, orange and ginger pork tenderloin poached in apple cider broth. Served with parsnip whipped potatoes

Smoky Chicken & Green Grain Bowl  \$5.99

Brown rice with broccolini and Parmesan topped with smoky chicken and toasted almonds served over a tomato sauce

WEDNESDAY

Sweet and Sour Meatballs Meal \$4.99

Sweet and Sour Meatballs with Balsamic Roasted Vegetables

Oven Roasted Turkey Breast \$4.29

THURSDAY

Korean BBQ Chicken \$4.29

Grilled Chicken Thigh Coated with Lightly Spiced Ginger Garlic Soy Glaze

Portobello Mushroom Stroganoff  \$4.59

Sauteed portobello and shiitake mushrooms, in a sherry sour cream sauce seasoned with tarragon served over noodles

FRIDAY

Potato Crusted Cod  \$4.59

Potato Crusted Cod Served with Herbed Fume

Quinoa, Sriracha Chicken, Vegetable Bowl  \$5.99

Tri-color quinoa, sriracha chicken and roasted vegetables

SATURDAY

Pot Roast \$4.29

Beef Pot Roast Cooked until Tender with Vegetables

Classic Italian Sausage Sandwich \$3.69

SUNDAY

Pan Fried Cod Cakes \$5.99

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

Philly Steak Pub Bowl \$5.29

SOUPS

	12oz	16oz
Soup	\$3.29	\$4.29
Chowder & Chili	\$3.99	\$4.99

Mon

Tomato Basil Soup (12 oz)

Butternut Squash Bisque

Tue

Beef Barley & Mushroom Soup

ZZ-Baja Chicken Enchilada Soup (12 oz)

Wed

PA Dutch Chicken Corn Chowder (12 oz)

Vegetable Chili (Mindful) (12 oz)

Thu

Roast Poblano White Cheddar Soup (12 oz)

Beef Barley Soup

Fri

Minestrone Soup

Cream of Broccoli Soup (12 oz)

Sat

Old Fashioned Chicken Noodle Soup

Sun

Old Fashioned Chicken Noodle Soup

Innovations Bar

MON

Loaded Mashed Potato Bowl \$4.99

Mashed potatoes topped with broccoli, caramelized onion, roasted corn, bacon, green onions and cheddar cheese

TUE

Southwest Chicken Salad Plate \$7.20

Southwestern-inspired chicken on a bed of lettuce with corn, black beans and tomatoes

WED

Chicken Pot Pie Meal \$7.20

Chicken Pot Pie, Roasted Rosemary Red Bliss Potatoes & Fresh Broccoli

THU

Cheeseburger Sliders \$2.59

Burger slider with cheddar cheese, lettuce, pickles, ketchup and mustard on a brioche bun

FRI

Grilled Chicken Breast  \$0.00

Chargrilled Chicken Breast Marinated in Olive Oil and Garlic

THIS WEEK'S EVENTS

CAFE HOURS


Mon-Friday 6:30am-6:30pm


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


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