WEEK OF MONDAY JULY 3

DAILY SPECIALS

**MONDAY**

**Apple Cider Glazed Pork Tenderloin**
Rosemary, orange and ginger pork tenderloin poached in apple cider broth. Served with parsnip whipped potatoes

**Smoky Chicken & Green Grain Bowl**
Brown rice with broccolini and Parmesan topped with smoky chicken and toasted almonds served over a tomato sauce

North Carolina BBQ Pulled Pork
Pork Rubbed with Cola, Dry Mustard, Cayenne and Paprika, Roasted with Cider Vinegar- BBQ Sauce

**Homestyle Popcorn Chicken**

**TUESDAY**

Sweet and Sour Meatballs Meal
Sweet and Sour Meatballs with Balsamic Roasted Vegetables

**Oven Roasted Turkey Breast**

**WEDNESDAY**

Korean BBQ Chicken
Grilled Chicken Thigh Coated with Lightly Spiced Ginger Garlic Soy Glaze

**Portobello Mushroom Stroganoff**
Sautéed portobello and shiitake mushrooms, in a sherry sour cream sauce seasoned with tarragon served over noodles

**THURSDAY**

**Potato Crusted Cod**
Potato Crusted Cod Served with Herbed Fume

**Quinoa, Sriracha Chicken, Vegetable Bowl**
Tri-color quinoa, sriracha chicken and roasted vegetables

**FRIDAY**

Pot Roast
Beef Pot Roast Cooked until Tender with Vegetables

**Classic Italian Sausage Sandwich**

**SATURDAY**

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

**Philly Steak Pub Bowl**

**SUNDAY**

**SOUPS**

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<td>Soup &amp; Chowder</td>
<td>$3.29</td>
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<td>Chili</td>
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**Innovations Bar**

**MON**
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**
Tater Tots $7.20
Tater tots cooked to golden brown

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

**THIS WEEK’S EVENTS**
Happy July 4th! Have a safe & happy holiday!

**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.