

Weekly Cafe Specials
Week 3

Sunday 23-Aug	Monday 24-Aug	Tuesday 25-Aug	Wednesday 26-Aug	Thursday 27-Aug	Friday 28-Aug	Saturday 29-Aug
Daily Soups						
Beef Barley Allergens: Gluten, Soy, Allium	Carrot Ginger Allergens: Allium	Corn Chowder Allergens: Dairy, Soy, Gluten, Allium	Mushroom Cheese Allergens: Dairy, Gluten, Allium	Roasted Red Pepper Allergens: Allium	Broccoli Cheddar Allergens: Allium, Dairy	Mushroom Orzo Allergens: Gluten, Allium, Dairy
Black Bean Allergens: Allium	Housemade Cream of Potato Allergens: Allium, Dairy, Soy, Gluten	Split Pea Allergens: Allium	Chicken Noodle Allergens: allium, gluten	Lentil Allergens: Allium	Chicken Tortilla Allergens: Allium, Gluten, Soy	Clam Chowder Allergens: Dairy, Shellfish, Allium
Daily Salads						
	Nicoise Allergens: egg, fish	Shrimp Thai Peanut Slaw Allergens: shellfish, sesame, soy,peanut, gluten	Chinese Chicken Allergens: soy, sesame, allium, gluten	Greens and Grains w/ Ham Allergens: soy, tree nuts	Sunshine Salad with Turkey Allergens: Nut, Allium, Dairy	Chicken Caesar Salad (Allium, Dairy, Egg, Fish, Gluten)
	Vegan Nicoise Allergens: allium	Thai Peanut Slaw Allergens: sesame, soy, peanut, gluten	Chinese Tofu Salad Allergens: soy, sesame, allium, gluten	Greens & Grains w/Kidney Beans Allergens: soy, Tree nuts	Sunshine Salad with Herbed Tofu Allergens: nut, allium, dairy, soy	Caesar Salad (Allium, Dairy, Egg, Fish, Gluten)
Lunch Specials						
<u>Chicken Cacciatore \$5.95</u> Allergens: Allium	<u>Lamb Pita \$7.20</u> Naan Bread Shredded Leg of Lamb Greens & Tomatoes Tzatziki Allergens: Allium, Gluten, Dairy, Egg, Soy	<u>BBQ Pork Rib Plate \$6.60</u> Housemade BBQ Sauce Baked Pit Beans Corn Allergens: Soy, Dairy, Gluten, Allium	<u>Chicken Tabouleh Bowl \$7.20</u> Baked Chicken Thigh Chickpeas Tabouleh (quinoa, tomato, parsley, lemon, olive oil) Herb Gremolata Allergens: allium	<u>Carne Asada Street Tacos \$6.60</u> Seasoned, Diced Beef Corn Tortilla Onions Cilantro Queso Fresco Allergens: Allium, Dairy	<u>Pizza \$4.50</u> Pepperoni Sausage Black Olive Shredded Mozzarella Allergens: gluten, dairy, allium	<u>Tandoori Chicken \$5.95</u> Cumin Yogurt (Dairy, Allium) Allergens: Allium
<u>Chef's Choice</u>	<u>Portabella Pita \$6.60</u> Naan Bread Roasted Portabella Greens and Tomatoes Pickled Onions Tzatziki Allergens: Allium, Gluten, Dairy, Egg, Soy	<u>BBQ Tofu Sandwich \$6.60</u> Housemade BBQ Sauce Marinated Tofu Coleslaw Pickle Wheat Bun Allergens: Soy, Dairy, Gluten, Allium	<u>Salmon Tabouleh Bowl \$7.60</u> Baked Salmon Chickpeas Tabouleh (quinoa, tomato, parsley,lemon, olive oil) Herb Gremolata Allergens: fish, allium	<u>Baja Shrimp Tacos \$7.20</u> Seasoned Shrimp Flour Tortilla Coleslaw White Sauce Allergens: allium, ShellFish, Gluten, Soy, Dairy	<u>Pizza \$4.50</u> Loaded Veggie: Red Onion Bell Pepper Mushroom Artichoke Shredded Mozzarella Allergens: gluten, dairy, allium	<u>Philly Cheesesteak \$6.60</u> <u>Beef</u> Peppers/Onions Bun Provolone Allergens: Gluten, Dairy, Egg, Allium
Lunch Veg of the Day						
<u>Carrots</u> Allergens: Dairy	<u>Roasted Veggies</u> Allergens: allium	<u>Cilantro Lime Corn on the Cobb</u> Allergens: allium, diary	<u>Watermelon Salad</u> Allergens: Allium, Dairy	<u>Roasted Zucchini</u> Allergens: alium	<u>Caesar Salad</u> Allergens: Allium, dairy, soy	<u>Peas</u> Allergens: Dairy
Lunch Starch of the Day						
<u>Farfalle Noodles</u> Allergens: Gluten, Dairy	<u>Roasted Pee-Wee Potatoes</u> Allergens: Allium	<u>Baked Pit Beans</u> Allergens: Gluten, Allium	<u>Tabouleh Salad</u> Allergens: Gluten, Dairy	<u>Spanish Rice</u> Allergens:Dairy, Allium	<u>Sweet Potato Tater Tots</u> Allergens: Allium	<u>Saffron Rice</u> Allergens: n/a
Dinner Specials						
<u>Seared Salmon \$7.20</u> Tartar Sauce (Dairy) Lemon Slice Allergens: Allium, Fish	<u>Pork Carnitas (2 ea) \$5.95</u> Pork Corn Tortilla Lettuce, Salsa, Cheese Allergens: Allium, Dairy	<u>Turkey Pot Pie \$6.60</u> Trukey Pot Pie Pie Shell Allergens: Allium, Gluten	<u>Pork Tenderloin \$5.95</u> Mustard Cream Sauce (Dairy) Allergens: Allium	<u>Chicken Marsala \$5.95</u> Allergens: Allium, Dairy	<u>Meatloaf w/ Gravy \$5.70</u> Beef Gravy Allergens: Gluten, Soy, Allium, Dairy, Egg	<u>Meat Lasagna \$6.60</u> Allergens: Gluten, Allium, Soy, Egg
Chef's Choice	Chef's Choice	<u>Manicotti \$6.00</u> Allergens: Dairy, Gluten, Allium, Egg	Chef's Choice	<u>Honey Soy Cod \$7.20</u> Allergens: Fish, Allium, Soy	Chef's Choice	Chef's Choice
Dinner Veg of the Day						
Green Beans Allergens: Dairy		Roasted Cauliflower Allergens: Dairy	Asparagus Allergens: n/a	Broccoli Allergens: Dairy	Carrots Allergens: Dairy	
Dinner Starch of the Day						
Mash Potato Allergens: Dairy			Wild Rice Allergens: Dairy, Allium	Seasoned Egg Noodles (Allergens: Egg, Gluten, Allium) & Ginger Quinoa (Allergens: n/a)	Mashed Potatoes Allergens: Dairy	