

what's happening THIS WEEK

Week of March 31 to April 4, 2025

MONTHLY
Highlights



**LOVE FOOD
NOT WASTE**
EARTH MONTH

Monday



Market Table: Plant Based Meatball, Marinara, Penne A La Vodka with Sundried Tomatoes, Garlic Knots, Sauteed Broccoli Rabe
Soup: Chicken Noodle
Lunch Special: Falafel Gyro Served with Fries

Tuesday



Market Table Featuring Sofrito: Tropical Pineapple Chicken, Jamaican Jerk Pulled Pork, Caribbean Rice and Peas, Sweet Plantains
Soup: Broccoli Cheddar
Lunch Special: The New Yorker Served with Chips
LTO: Just Veg Sandwich



Wednesday



Market Table: Salisbury Steak with Mushroom Gravy, Chicken Marsala, Roasted Garlic Smashed Potatoes, Green Beans
Soup: Garden Vegetables
Lunch Special Chef's Table: Greek Garlic Lemon Salmon Salad
LTO: Just Veg Sandwich



Thursday

Market Table: Orange Chicken and Cashews, Pepper Steak, Jasmine Rice, Ginger Carrots
Soup: Vegetable Minestrone
Lunch Special: Turkey Bacon Ranch Panini Served with Chips
LTO: Just Veg Sandwich



Friday



FILL IT UP FRIDAY: Fill up your Boat for \$6.95 from the Chef's Choice Menu at the kitchen Table
Chip Shop: Fried Fish Sandwich
Wellness Bar: GYB (Greek Yogurt Bar)
LTO: Classic Tuna Melt, Served with Fries and Pickles

SCAN TO LEARN MORE



THIS MONTH'S SUPERFOOD IS

SEA VEGETABLES

LOADED
WITH
ANTIOXIDANTS

