



October 6th thru October 12th

SALADS

Shrimp & Avocado Salad

Lettuce topped with avocado filled with shrimp, salad, and tomatoes (American Heart Association)

Strawberry Spinach Salad

Spinach, strawberry, feta, walnuts, and chicken served with your choice of dressing (Eating Well Carolyn Hodges)

Chicken Caesar Salad

Romaine lettuce tossed with Caesar dressing and topped with grilled chicken

Fruit & Cottage Cheese Plate

A combination of fresh seasonal fruit and cottage cheese served with a muffin

MAIN COURSE

Grilled Salmon

Topped with Lemon basil sauce

Chicken Parmesan

Italian breaded chicken topped with marinara sauce on a bed of pasta

Rosey's Hot Beef Sandwich

White bread topped with roast beef, gravy, and mashed potatoes

Salisbury Steak

Topped with onion mushroom gravy

Shrimp and Broccoli Pasta

Pasta tossed with parmesan sauce and shrimp

Grilled Chicken Breast

Served with your choice of sides

SANDWICHES & BURGERS

Gold Canyon Burger

Your choice of cheddar, Swiss, or American cheese

Impossible Burger

Gluten Free vegan patty topped with your choice of cheese

All Beef Hot Dog

1/4 pound hot dog on a bun with your choice of sides

PBJ Burger

A brioche bun topped with peanut butter and grape jelly, burger patty topped with cheddar cheese

BLT Sandwich

Wheat bread topped with mayo, lettuce, tomato and bacon

SIDES

Ala Carte Sides \$1.50

French Fries

Sweet Potato Fries

Potato Salad

Potato Chips

Starch of the Day

Vegetable of the Day

Fruit Salad

Cottage Cheese

Applesauce

Soup of the Day

Dessert of the Day