



February 23rd Thru March 1st 2026

SALADS

Waldorf Salad

Lettuce topped with walnuts, grapes, and apples
Add: Chicken Breast or Shrimp

Winter Spinach Salad

Spinach tossed with maple cider vinaigrette and topped with apples, feta, and pecans
Add: Chicken Breast or Shrimp

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 bran muffin

MAIN COURSE

Seared Barramundi *

Topped with lemon basil butter sauce

Chicken Parmesan

Breaded Chicken topped with marinara sauce and mozzarella cheese on a bed of pasta

Grilled Hamburger Steak*

Topped with mushroom onion gravy

Chicken and Biscuit

A fresh biscuit topped with chicken and vegetables in a rich sauce

Shrimp & Broccoli Alfredo

Penne pasta tossed with sauteed shrimp, broccoli and alfredo sauce

Creamy Goat Cheese Tomato Pasta

Pasta cooked with Italian herbs, grape tomatoes, spinach, zucchini, garlic, ground tomatoes, and goat cheese
Walder Wellness: Carrie Walder, MS, RD

Stuffed Portabella Mushroom

Stuffed with spinach, artichokes, sun-dried tomatoes, garlic, parmesan and cream cheese

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

BBQ Brisket Sandwich

Smoked brisket on grilled white bread topped with cheddar and caramelized onions

Chicken Quesadilla

Flour tortilla topped with cheese, chicken, peppers, and onions

Southwestern Black Bean Wrap

Tortilla wrap filled with black bean patty, sour cream, avocado, and salsa

SIDES

Ala Carte Sides \$1.50

French Fries

Sweet Potato Fries

Carrot Raisin Salad

Potato Chips

Fruit Salad

Cottage Cheese

Applesauce

Soup of the Day

Dessert of the Day

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk for foodborne illness.