



May 25th Thru May 31st 2026

SALADS

Trio Salad

Leaf lettuce topped with tuna salad, egg salad, and chicken salad

Cali Salad (V)

A bed of lettuce topped with tomato, avocado, and hard boiled egg Add: shrimp or chicken

Chicken Caesar Salad

Romaine lettuce tossed with Caesar dressing and topped with grilled chicken

Fruit & Cottage Cheese Plate (V)

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

MAIN COURSE

Seared Barramundi*

topped with lemon basil butter sauce

Grilled Pork Chop *

Topped with onion gravy

Aleppo Chicken Thighs

Chicken thighs marinated in Greek yogurt and aleppo pepper

Chicken & Biscuit

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

Grilled Hamburger Steak

Topped with mushroom onion gravy

Creamy Goat Cheese Tomato Pasta (V)

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

Black Bean Tostada (V)

Topped with cilantro lime sauce, Pico De Gallo and avocado

Grilled Chicken Breast

Served with your choice of sides

SANDWICHES & BURGERS

Gold Canyon Burger *

Your choice of cheddar, Swiss, or American cheese

Impossible Burger (V)

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

Egg Salad Sandwich

Whole wheat bread topped with homemade egg salad, lettuce and tomatoes

Chicken Quesadilla

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

Smashed Avocado Black Bean Wrap(V)

Tortilla wrap filled with black bean patty, avocado, lettuce and tomato

SIDES

Ala Carte Sides \$1.50

French Fries

Sweet Potato Fries

Tomato Cucumber Salad (V)

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. * These items can be cooked to order.