



August 17th Thru August 23rd 2026

SALADS

Summer Salad (V)

Mixed greens topped with dried cranberries, pecans, and peaches Add: chicken or shrimp

Chicken Club Salad

A bed of lettuce topped with diced chicken, tomato, avocado, and cheddar cheese

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 zucchini bread

MAIN COURSE

Grilled Salmon

Topped with hoisin sauce

Grilled Pork Chop

Topped with Brussel sprout, apple and mustard demi

Blackened Chicken Alfredo

Blackened Chicken tossed with fettucini, Alfredo sauce and parmesan cheese

Zesty Peach Chicken Wings

Fried chicken wings tossed in a zesty peach sauce

Healthy Lemon, Artichoke, & Spinach Pasta Pasta (V)

Pasta , tossed with olive oil, lemon, artichokes, spinach, parmesan and garlic Carrie Walder MS, RD

Honey Garlic Tofu with Soy & Sesame (V)

Crispy oven baked tofu tossed in a light sauce and served on a bed of cauliflower rice Carrie Walder MS, RD

Grilled Chopped Sirloin Steak

Topped with mushroom onion gravy

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

SW Turkey Melt

Grilled turkey, pablano pepper, chipotle mayo and smoked gouda cheese

Chicken Quesadilla

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

SW Black Bean Burger (V)

Topped with pablano peppers, sauteed onions, and cheese

SIDES

Ala Carte Sides \$1.50

French Fries

Sweet Potato Fries

Pasta 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.