

weekly menu

	7/11 Monday	7/12 Tuesday	7/13 Wednesday	7/14 Thursday	7/15 Friday
Breakfast	Bacon Egg & Cheese Wrap <i>Oatmeal</i>	Maple Cinnamon French Toast <i>Cream of Wheat</i>	Spinach, Feta & Tomato Omelet <i>Oatmeal</i>	Blueberry Pancakes <i>Grits</i>	Breakfast Sandwich <i>Oatmeal</i>
Market Deli	Chipotle Chicken Wrap	Garden Vegetable Pocket	Ratatouille Sandwich 	Gourmet BLT	Grilled Chicken & Feta Pocket
Chef's Table	Oven Roast Pork Loin	Asian Rice Bowl	Baked Haddock	Chicken Caprese	Santa Fe Chicken
Soup	Cream of Broccoli	Vegetable Barley	Spicy Chicken & Rice	Cream of Mushroom Soup	Tomato Soup
Grill	Bacon Avocado Melt	Buffalo Blue Cheese Burger	BBQ Grilled Chicken Sandwich	Steak & Cheese Sub	Black Bean Burger 

- GLUTEN FREE (G)
- VEGETARIAN (V)
- OH SO GOOD

OPEN 5 DAYS A WEEK
Breakfast 7:00am - 10:15am
Lunch 11:00am - 1:30pm