

Mon Nov.6 Grilled Chicken Caesar Salad Salad

Sliced Grilled Chicken Breast, Shredded Parmesan, Homemade Croutons and our low fat homemade yogurt based Caesar on a bed of Shredded Romaine Lettuce .

Soup- Chicken Noodle

Mon Nov.13 Cranberry and Walnut Spinach Salad with Roast Turkey Breast

Fresh Spinach, Dried Cranberries, Toasted Candied Walnuts, Smoked Gouda Cheese, Roasted Sweet Potatoes and a low sugar Cran-Raspberry Vinaigrette.

Soup- Southwest Chicken and Vegetable

Mon Nov.20 Italian Chicken Chopped Salad

Smoked Chicken Breast Diced and served over a Crisp Iceberg. Topped with Diced Tomato, Green Onion, Diced Cucumber, Green Olives(on side), Grated Parmesan and Crispy Bacon with Italian Vinaigrette.

Soup- Italian Wedding Soup

Mon Nov.27 No Salad -Thanksgiving Break

Soup- No Soup

Mon Dec.4 SteakHouse Classic

Grilled and Diced Sirloin, Chopped Romaine, Shredded Cheddar, Diced Tomato, Grilled Yellow Onion with a Chipotle Ranch

Soup- Irish Stew with Beef