

HOURS OF OPERATION

Mon-Fri 6:30AM – 10:30AM
11:00AM-7:00PM

Sat & Sun 6:30AM – 10:00AM
11:00AM – 2:00PM



M **Soup's On:** Potato Chowder & Ham & Vegetable
The Main Dish: Oven Fried Chicken with Green Beans **FIT**
Swedish Meatballs with Grilled Vegetables
Buttered Egg Noodles **FIT**
Chef Inspired: Hot Dog Station
High Point Grill: Cajun Burger
M. Street Deli : Turkey Caprese Sandwich with Balsamic

T **Soup's On** Vegetable Tortellini & New England Clam Chowder **FIT**
The Main Dish: Teriyaki Salmon with Squash, Zucchini and Red Peppers
Meatloaf with Brussels Sprouts **FIT**
Mashed Potatoes
Chef Inspired: Chicken Fajita Burrito
High Point Grill: Honey Dijon Grilled Chicken Sandwich

W **Soup's On** Asian Garden & White Bean
The Main Dish: Chicken Cordon Bleu with Steamed Broccoli
Alpine Mushroom Pasta with Steamed Carrots **FIT**
Quinoa Pilaf **FIT**
Chef Inspired: Raspberry Cous Cous Salad
High Point Grill: Cajun Burger
M. Street Deli : Chicken Caesar Wrap **FIT**

T **Soup's On** Beef Noodle & Italian Wedding
The Main Dish: Beef and Broccoli Stir Fry
Lemon Mustard Turkey Cutlets with Yellow Squash
and Cabbage **FIT**
Vegetable Fried Rice
Chef Inspired: Oral's Famous Chicken Wrap
High Point Grill: Honey Dijon Chicken Sandwich

F **Soup's On** Lentil **FIT** & Shrimp Bisque
The Main Dish: Shrimp Scampi with Grilled Vegetable Blend **FIT**
Chicken Marsala with Asparagus **FIT**
Farfalle Pasta **FIT**
Chef Inspired: Crab Cake Sandwich
Fire it Up: Chipotle BBQ Chicken Pizza

Sa **Soup's On:** Mushroom & Barley **FIT** & Turkey Rice **FIT**
The Main Dish: Spaghetti with Meatsauce with Green Beans **FIT**
Bread Stick
Chef Inspired: Hoagies to Order

Su **Soup's On:** Golden Mushroom **FIT** & Cream of Spinach
The Main Dish: Chicken Stir Fry with Broccoli
Steamed Rice **FIT**
Chef Inspired: Hoagies to Order

ON THE GO

SIMPLE. FRESH.
CONVENIENT.



THIS MONTH'S SUPERFOOD IS
Berries

FULL OF HEALTH BOOSTING
PHYTOCHEMICALS



GOOD
AS A
VITAMIN
C

Berries are bursting with antioxidants and phytochemicals that are thought to help boost our immune system.