Monday August 27

**soup:** Sweet Pea Soup with Everything Garlic Croutons **12oz $3.89**

**salad:** Watermelon and Tomatoes on a bed of Spinach with feta and a Basil Champagne Vinaigrette **$6.49 (full) $4.29 (half)**

**sandwich:** Grilled Tomato Sandwich on Marble Rye with Pesto, Provolone and Micro Greens **$6.49 (full) $4.29 (half)**

**entree:** Tofu Buddha Bowl with a Creamy Peanut Sauce **$10.29**

Tuesday August 28

**Soup:** Creamy Potato Horseradish Rosemary Soup, with Chicken Sausage Cheddar **12oz $3.89**

**salad:** Kale with Roasted Beets and Berries, Goat Cheese and Fresh Toasted Crouton Crumble, lemon chive vinaigrette **$6.49 (full) $4.29 (half)**

**sandwich:** Salmon, Sundried Tomato Aioli, Cucumbers and Red Onions on Ciabatta **$6.49 (full) $4.29 (half)**

**entree:** Grilled Herb Chicken Breast, Roasted Brussel Sprouts and Roasted Redskins with Blue Cheese **$10.29**

Wednesday August 29

**Soup:** Thai Chicken Noodle Soup **12oz $3.89**

**salad:** Smoked Trout over Arugula and Spinach, Dill Havarti, Roasted Golden Beets in a fresh herb vinaigrette. **$6.49 (full) $4.29 (half)**

**sandwich:** Shrimp Salad with Red Cabbage Slaw and Lemon Garlic Dressing **$6.49 (full) $4.29 (half)**

**entree:** Jerk Pork with Rice and Beans, Roasted Plantains.$10.29

**Combo $6.99:** Choose Two
½ salad (without meat) , ½ sandwich, soup

Thursday August 30

**soup:** Creamy Asparagus Soup **12oz $3.89**

**salad:** Roma Tomatoes, Spring Mix, Bacon Crumbles, Goat Cheese, Peppercorn Vinaigrette **$6.49 (full) $4.29 (half)**

**sandwich:** Southwest Seasoned Chicken, Avocado Mayo, Mozzarella Cheese, Roma Tomatoes, on Wheat Wrap **$6.49 (full) $4.29 (half)**

**entree:** Tomato Lentil Risotto with Grilled Asparagus and Salmon **$10.29**

Friday August 31

**soup:** Vegetable Barley Soup **12oz $3.89**

**salad:** Black beans, Pico de Gallo, queso fresco, Spinach, Romaine, Avocado Dressing with Shrimp **$6.49 (full) $4.29 (half)**

**sandwich:** Curried Chicken Salad, with Arugula on Organic Multigrain Bread **$6.49 (full) $4.29 (half)**

**entree:** Grilled Lemon-Garlic Shrimp, Pesto Penne Pasta and Sweet Peas **$10.29**

**Grab and go selections for the week**

**Monday:** Black and Blue Wrap  **Tuesday:** Chicken Cordon Blue Wrap  **Wednesday:** Buffalo Chicken Wrap  **Thursday:** Roast Beef Wrap  **Friday:** Greek Chicken Wrap

**Grain Salad:** Harvest Quinoa; Fruit Quinoa Salad; Asian Couscous;

**Fruit Cup:** Tropical Fruit Salad

**Everyday Options:** Grape & Almond Chicken Salad Sandwich; Hummus Plate; Seasonal Tossed Salad; Fruit and Yogurt Parfait

**Add To Salad:** Grilled Chicken $2.99, Tofu $0.99, Daily Protein $3.29

Breakfast Available  7:00am-10:00am
Multigrain Pancakes, and Gluten Free Pancakes available all day