



Menu of the Week August 3rd - 7th



Monday

Sausage Lentil Soup (GF)
Spicy Garlic Lime Chicken(GF) \$4.50
Breaded Flounder \$4.75
Vegetable Lo Mein (Rice Noodles Avail)\$4.00

Roasted Potatoes
Carrots
Spinach
Hot Box- Hot Pretzel

Caribbean Bowl (GF)\$5.50

Base:Quinoa, Yellow Rice or Lettuce
Protein: Mojo Pork, Citrus Chicken or Beans
Top with: Red Cabbage, Pepper Strips, Diced
Mangoes, Red Onion, Plantains, Scallions,
Toasted Coconut, Cilantro Lime Sauce, Lime

Tuesday

Lemon Orzo Vegetable Soup
Chicken Piccata (GF)\$4.50
Yellow Rice
5-Way Veggies

Wednesday

French Onion Soup(GF)
Gnocchi w/ White Beans & Spinach \$4.25
Citrus Salmon(GF) \$5.50
Chef's Choice - Veggie Quinoa Pilaf w/ Basil
Pesto \$4.00

Pizza Plain \$ 2.35 Pizza with 1 topping
\$2.55 Specialty Pizzas \$2.75
GF Margharita Pizza (2 sl) \$2.75
Whipped Potatoes
Peas String Beans

Thursday

Summer BBQ

Seafood Bisque
Balsamic Pork Tenderloin(GF)\$4.50
Broccoli & Cheddar Quiche or GF Frittata \$4.00
Crispy Carrot Fries
Cauliflower Mixed Squash

Grilled Hot Dog \$2.95
Sweet Italian Sausage on Roll \$3.85 or
Toppings \$0.50 each- Sauerkraut, Chili,
Cheese or Peppers & Onions
Side:Coleslaw
Hot Box- Chicken Wings (GF)

Friday

Vegetable Minestrone Soup (GF)
Chicken Cordon Bleu \$4.50
Brown Sugar & Mustard Salmon(GF) \$5.50
Curry Chickpea & Squash over Rice \$4.00

Wild Rice
Broccoli
Roasted Veggies
Hot Box - Calamari Strips

Soup \$1.95 Daily

Vegetables \$1.25 Daily

Fries \$1.50

GF=Gluten Free

A variety of to go salads and sandwiches are available

ECafe2U open for your convenience

Open 7 days a week, 7:00 am - 2:30 pm & 4:00 pm - 6:30 pm (closed 2:30 pm - 4:00 pm daily)

Weekends til 2:00 pm