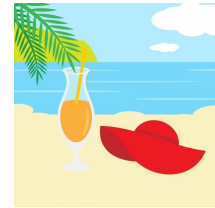




Menu of the Week August 17th - 21st



Monday

Potato Leek Soup GF
Salsa Verde Chicken GF \$4.50
Tuna Melt \$4.50
Tuscan Lentil Casserole GF \$4.00

Sidewinder Fries
String Beans
Carrots
Hot Box - Mini Pretzel Bites

Tuesday

Asian Bowl GF- \$5.50

Base: Brown Rice or Chilled Sesame Noodles
Protein: Shrimp, Chicken, Vegan Chicken
Top with: Roasted Broccoli, Snow Peas,
Mushrooms, Peppers, Carrots, Scallions,
Sesame Seeds & Assorted Sauces

Stuffed Pepper Soup GF
Fried Flounder \$4.50
Brown Rice
Broccoli

Wednesday

Corn Chowder
Chicken Fajitas \$5.50
Zucchini, Tomato & Mozzarella Quiche or
Frittata GF \$4.00
Flounder w/ Roasted Tomatoes & Basil \$4.75

Pizza Plain \$ 2.35 Pizza with 1 topping
\$2.55 Specialty Pizzas \$2.75
Margarita GF Pizza \$2.75
Roasted Potatoes
Peas Mixed Squash

Thursday

Maryland Crab Chowder GF
Roast Pork Loin GF \$4.50
Salmon with Curry Cream Sauce GF \$5.50
Eggplant Parmesan Panini \$5.50
Special ½ w/ Soup \$4.60

Whipped Potatoes
Brussel Sprouts
Beets w/ Orange Glaze
Hot Box: Tater Tots

Friday

Chicken, Mushroom & Wild Rice Soup GF
Beer Battered Pollock Fish Sandwich \$5.25
Vegetarian Chili over White Rice GF \$4.00
Chef's Choice

Sweet Potato Waffle Fries
Corn
Spinach
Hot Box - Smoked Gouda Mac & Cheese Bites

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

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