



**\*\*TO GO DINNER MENU\*\***

**MONDAY**

**PAN SEARED CHICKEN BREAST**

LIGHT WHITE WINE SAUCE / BALSAMIC DRIZZLED

**GREEN BEANS**

**RICE PILAF**



**SALMON PROVENCAL**

CAPERS / DICE TOMATOES/WHITE WINE / BUTTER / PARSLEY

**GREEN BEANS**

**RICE PILAF**

**TUESDAY**

**CHIPOTLE RUB CHICKEN**

LIGHT CHIPOTLE SAUCE

**ROSEMARY & LEMON RED BLISS POTATOES**

**GRILLED ASPARAGUS**



**CHIPOTLE DRY RUB RIBS**

TENDER PORK SPARE RIBS

**ROSEMARY & LEMON RED BLISS POTATOES**

**GRILLED ASPARAGUS**



**WEDNESDAY**

**CAJUN CHICKEN**

FRESH TOMATO/ RED ONION / CILANTRO/ LIME SALSA

**BROWN RICE**

**CHAYOTE AND BROCCOLI**



**CAJUN BROILED TILAPIA**

FRESH TOMATO/ RED ONION / CILANTRO/ LIME SALSA

**BROWN RICE**

**CHAYOTE AND BROCCOLI**



**CHICKEN FRANCESE**

LEMON WHITE WINE SAUCE

**RICE PILAF**

**GARLIC & OIL BROCCOLI FLORETS**



## THURSDAY

CHICKEN OR BEEF LO MEIN

MIXED VEGETABLES  
ASIAN GREENS



JUMBO SHRIMP LO MEIN

MIXED VEGETABLES  
ASIAN GREENS

SEARED SALMON

DIJON CREAM SAUCE

RED BLISS MASHED POTATOES

SAUTÉED SPINACH



SEARED CHICKEN

DIJON CREAM SAUCE

RED BLISS MASHED POTATOES

SAUTÉED SPINACH

## FRIDAY

GRILLED HERB CHICKEN

TOMATOES/ ONIONS /BASIL /GARLIC/EVOO

QUINOA & SPINACH



PARMESAN CRUSTED TILAPIA

TOMATOES/ ONIONS /BASIL /GARLIC/EVOO

QUINOA & SPINACH



CHICKEN MARSALA

RICE PILAF

MIXED VEGETABLES

SHRIMP FRANCESE

RICE

MIXED VEGETABLES



## SIDE DINNER SALADS

(AVAILABLE ANY DAY)

### GARDEN SALAD

ROMAINE LETTUCE / GRAPE TOMATOES / CUCUMBERS / CARROTS / ONIONS  
BELL PEPPERS  
BALSAMIC VINAIGRETTE

### CAESAR SALAD

CRISPY ROMAINE HEARTS / PARMESAN CHEESE / GARLIC CROUTONS  
CREAMY CAESAR

### BREEZE SALAD

ARCADIAN BLEND / CRUMBLE FETA CHEESE / GRAPE TOMATOES / SLICED ALMONDS  
/ YELLOW BELL PEPPERS / DRIED CRANBERRIES  
RED WINE VINAIGRETTE



\*\*\*PLEASE CALL BEFORE 4:30 PM TO PLACE YOUR ORDER \*\*\*