

Menus for the Week of December 9th 2019

CAPTAIN'S CREW CAFÉ	Monday, December 9	Tuesday, December 10	Wednesday, December 11	Thursday, December 12	Friday, December 13
LUNCH					
	Stop by daily to check the homemade SOUP Du JOUR				
Soup (V) – Vegetarian (VN) – VEGAN (GF) – Gluten Free	Autumn Minestrone (V)	Buffalo Chicken (GF)	Classic Black Bean (V)(VN)(GF)	Tomato Basil w/ Rice (V)(VN)(GF)	Three Lentil Chili (V)(VN)(GF)
Healthy Choice Combo at the Steam table for only \$5.00	Cajun Salmon Brown Rice Green Beans	Captain's Crew Surf & Turf Bar	Baked Veal Parmesan Herbed Pasta Prince Edward Vegetable	Italian Pork Loin Rice Pilaf Winter Blend Vegetable	Potato Crusted Cod Steamed Corn Broccoli
Chef's Lunch Special	Smothered Turkey Wings Gumbo w/ Chicken & Shrimp Dirty Rice Roasted Vegetables Homemade Dessert	Roasted Loin of Beef Poached Salmon Baked Potatoes w/ Toppings Rice Pilaf Fresh Vegetables Homemade Dessert	Beef & Vegetable Lasagna Garlic Bread Roasted Vegetables Tiramisu	Sage Stuffing Filled Chicken Mashed Potatoes Fresh Vegetables Homemade Dessert	Albondigas (Mexican Meatballs) Beef OR Turkey Cilantro Rice Fresh Vegetables Homemade Dessert
Grill Specials	BBQ Bacon Cheeseburger	Crispy Chicken Sandwich w/ Provolone & Pesto Mayo	Winter Green Salad	Meatball Sub	Turkey Swiss Burger w/ Dijonaise on Pretzel Bread
DINNER					
Entrees	Sweet & Sour Chicken	Sausage & Peppers	Pulled Pork	Battered Haddock	Pizza Wings
Sides	White Rice Asian Vegetables	Spaghetti Garlic Bread Green Beans	Mac & Cheese Stewed Tomatoes	Roasted Potatoes Baby Carrots	Baked Beans Broccoli & Cheese Sauce

Sunshine Café Sandwich Specials

Sandwich Specials are as Promoted

MONDAY: Ranch Tender Wrap – Crispy Chicken Tenders, Cheddar Cheese, Ranch Dressing, Lettuce, Tomato & Onion in a Flour Tortilla

TUESDAY: Steak Burger – One Third Pound of USDA Certified 100% Ground Chuck Burger, Pepper Jack Cheese, A-1 Sauce, Lettuce, Tomato w/ Crinkle Cut French Fries

WEDNESDAY: Autumn Turkey Wrap – Turkey Salad made w/ Craisins, Butternut Squash, Walnuts & Bleu Cheese wrapped in a Flour Tortilla w/ Shredded Lettuce & Tomato

THURSDAY: Picnic Day – Homemade Egg OR Tuna Salad, LTO on Croissant

FRIDAY: BB Club Wrap – Deli Ham, Turkey Breast, Bacon, Lettuce, Tomato, Onion & Mayonnaise wrapped in a Flour Tortilla