

	Monday March 11	Tuesday March 12	Wednesday March 13	Thursday March 14	Friday March 15
LUNCH					
Soup (V) – Vegetarian (VN) – Vegan (GF) – Gluten Free	Stop by daily to check the homemade SOUP Du JOUR				
	Tomato Florentine (V)(VN)(GF)	Chicken & Meatball	Mulligatawny (GF)	Home-style Turkey Chili (GF)	Tuscan White Bean w/ Spinach (V)(VN)(GF)
Healthy Choice Combo at the Steam table for only \$5.00	Country Meatloaf w/ Low Fat Gravy Yukon Mashed Potatoes Steamed Broccoli	Cranberry Pork Loin Baked Sweet Potatoes Green & Wax Beans with Carrots	Baked Cod w/ Panko Crumb Crust Garden Rice Pilaf Malibu Vegetable Blend	Chicken Breast Vera Cruz Spanish Rice w/ Rst Corn, Black Beans and Peppers Southwest Green Beans	Montreal Salmon Cranberry Orange Couscous Asparagus
Entrees	Ornish Reversal Stuffed Peppers Beer Battered Haddock	Shrimp Scampi w/ White Rice Baked Veal Parmesan	Pineapple Pit Ham BBQ Chicken	Ornish Reversal Tuscan Marinara Aztec Flank Steak w/ Chimichurri Sauce	Shepherd's Pie Fried Pork Chops
Sides	Baked Beans Turnip Greens	Parmesan Pasta Sautéed Mushrooms	Roasted Potatoes Braised Cabbage and Apples	Fried Plantains Grilled Fresh Zucchini	Rosemary Roasted Potato Wedges Creamed Spinach
\$6.50 Grill and Meal Specials of Lunch	Gyro Sandwich on Pita w/ Tomatoes, Onions & Tzatziki	BBQ Riblet Sandwich	Fish Tacos	Chicken Parmesan Sandwich	Turkey Burger, w/ Swiss Cheese & Mushrooms
DINNER					
Entrees	Chicken OR Eggplant Parmesan -7.50	Chicken Tikka Masala OR Yerra Moolee (Shrimp Poached in Coconut Milk) -7.50	Chicken OR Beef Pot Pie -7.50	Thai Curry Salmon -7.50	Chef's Choice
Sides	Herbed Pasta Roasted Vegetables Bread Pudding Combo -10.00	Basmati Rice Dhal Saffron Spiced Cake Combo -10.00	Minty Peas Roasted Potatoes Peach Crumb Pie Combo -10.00	Rice Pilaf Asparagus Lemon Blueberry Cake Combo -10.00	Chef's Choice

Sunshine Café Sandwich Specials

MONDAY: BBQ Chicken Wrap - Popcorn Chicken tossed in BBQ Sauce, then wrapped up with Shredded Lettuce, Tomatoes, Red Onion, Cheddar Cheese and Ranch Dressing

TUESDAY Eastern Shore Shrimp Salad Wrap – Old Bay Shrimp Salad, Lettuce Tomato & Onions

WEDNESDAY: Undeniable – Thin Sliced Turkey Breast, Smoked Gouda, Basil Garlic Pesto, Lettuce & Tomato

THURSDAY: Gotcha – All White Meat Chicken Salad, Mango Chutney, Cranberries & Cucumber on Wheat Berry

FRIDAY: Open Faced Beef – Slow Roasted Italian Roast Beef on Texas Toast, Homemade Gravy, Shoestring Fries and Broccoli Salad