

Menus for the Week of March 2nd 2020

CAPTAIN'S CREW CAFÉ	Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
LUNCH					
Soup (V) – Vegetarian (VN) – VEGAN (GF) – Gluten Free	Stop by daily to check the homemade SOUP Du JOUR				
	Red Pepper & Smoked Gouda (V)(GF)	Chicken & Sausage Jambalaya (GF)	Tomato Basil w/ Rice (V)(VN)(GF)	Buffalo Chicken (GF)	Homemade N.E. Clam Chowder
Healthy Choice Combo at the Steam table for only \$6.00	Cajun Pork Loin Brown Rice Steamed Vegetables	Captain's Crew Surf & Turf Bar	Rotisserie Chicken Vegetarian Baked Beans Mixed Vegetables	Lemon Dill Tilapia Rice Pilaf Broccoli	Baked Veal Parmesan Herbed Pasta Green Beans
Chef's Lunch Special	Shrimp & Chicken Gumbo Dirty Rice Fried Okra	Roasted Strip Loin Whole Salmon Baked Potatoes Rice Primavera Asparagus	Stuffed Meatloaf Mashed Potatoes Roasted Vegetables	White & Wild Rice Stuffed Chicken Fingerling Potatoes Fresh Vegetables	Meatballs in Marinara (Beef OR Turkey) Tilapia Veracruz Herbed Rice Roasted Vegetables
Grill Specials	BBQ Bacon Cheeseburger	Crispy Chicken Sandwich w/ Provolone & Pesto Mayo	Italian Cobb Salad	1/4 Pound Hotdog	Turkey Swiss Burger w/ Dijonaise on Pretzel Bread
DINNER					
Entrees	General Tso's Chicken	Spaghetti & Meatballs	Roasted Chicken Leg Quarters	Pot Roast	Pizza Wings
Sides	White Rice Asian Vegetables	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: Cranberry Turkey Wrap – Turkey Salad made w/ Craisins & Toasted Pecans In a Flour Tortilla w/ Shredded Lettuce & Tomato served with Sweet Potato Waffle Fries

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