## Menus for the Week of March 2nd 2020

<table>
<thead>
<tr>
<th>CAPTAIN’S CREW CAFÉ</th>
<th>Monday, March 2</th>
<th>Tuesday, March 3</th>
<th>Wednesday, March 4</th>
<th>Thursday, March 5</th>
<th>Friday, March 6</th>
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<tbody>
<tr>
<td><strong>LUNCH</strong></td>
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<tr>
<td>Healthy Choice Combo at the Steam table for only $6.00</td>
<td>Cajun Pork Loin Brown Rice Steamed Vegetables</td>
<td>Captain’s Crew Surf &amp; Turf Bar</td>
<td>Rotisserie Chicken Vegetarian Baked Beans Mixed Vegetables</td>
<td>Lemon Dill Tilapia Rice Pilaf Broccoli</td>
<td>Baked Veal Parmesan Herbed Pasta Green Beans</td>
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<tr>
<td>Chef’s Lunch Special</td>
<td>Shrimp &amp; Chicken Gumbo Fried Okra</td>
<td>Roasted Strip Loin Whole Salmon Baked Potatoes Rice Primavera Asparagus</td>
<td>Stuffed Meatloaf Mashed Potatoes Roasted Vegetables</td>
<td>White &amp; Wild Rice Stuffed Chicken Fingerling Potatoes Fresh Vegetables</td>
<td>Meatballs in Marinara (Beef OR Turkey) Tilapia Veracruz Herbed Rice Roasted Vegetables</td>
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<tr>
<td>Grill Specials</td>
<td>BBQ Bacon Cheeseburger</td>
<td>Crispy Chicken Sandwich w/ Provolone &amp; Pesto Mayo</td>
<td>Italian Cobb Salad</td>
<td>1/4 Pound Hotdog</td>
<td>Turkey Swiss Burger w/ Dijonaise on Pretzel Bread</td>
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<tr>
<th><strong>DINNER</strong></th>
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<tbody>
<tr>
<td>Entrees</td>
<td>General Tso’s Chicken</td>
<td>Spaghetti &amp; Meatballs</td>
<td>Roasted Chicken Leg Quarters</td>
<td>Pot Roast</td>
<td>Pizza Wings</td>
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**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