

Menus for the Week of June 10th 2019

CAPTAIN'S CREW CAFÉ	Monday, June 10	Tuesday, June 11	Wednesday, June 12	Thursday, June 13	Friday, June 14
LUNCH					
Soups (V) – Vegetarian (VN) – Vegan (GF) – Gluten	Stop by daily to check the homemade SOUP Du JOUR				
	Mediterranean Vegetable (V)(GF)	Lemon Chicken, Spinach & Orzo	Sweet Corn Chowder (GF)	Chicken & Sausage Jambalaya (GF)	Tomato Bisque (V)(GF)
Healthy Choice Combo at the Steam table for only \$5.00	BBQ Pork Loin Corn Pudding Roasted Vegetables	Breakfast For Lunch	Lemon Pepper Salmon Rice Pilaf Broccoli	BEEBE Deli Station:	Garlic & Herb Tilapia Couscous Whole Green Beans
Chef's Lunch Special	Tempura Soft Shell Crabs New Orleans Salmon Corn Pudding Roasted Vegetables Cobbler	Asst Quiche Stuffed French Toast Breakfast Meats Potatoes O'Brian Fruit Salad	Chicken Cordon Bleu Rice Pilaf Broccoli Carrot Cake Cupcakes	Roast Beef, Turkey, Italian Cold Cuts, Provolone, Cheddar & Swiss Cheeses, LTO, Pickles & Red Hots Fresh Sub Rolls from Liscio's Bakery, Wheat Berry Bread, Thick Sliced Rye Homemade Potato Salad & Coleslaw	Albondigas (Mexican Meatballs) Turkey OR Beef Chorizo Potato Hash Roasted Vegetables Homemade Dessert
Grill Specials	Mini Cheesesteak	Chocolate Chip Pancakes	Summer Salad w/ Raspberry Viniagrette Chicken Breast OR Shrimp	BBQ Pork Riblet Sandwich	Turkey Cheddar Burger w/ Guacamole, Pickled Jalapenos & Nacho Fries
DINNER					
Entrees	Fajitas (Chicken & Beef)	Lasagna (Beef & Vegetable) Sausage & Pepper Sandwich	Oven Fried Pork Chops Smothered Roast Beef	Tortilla Crusted Tilapia Chicken Parmesan	Stuffed Shells Kielbasa & Sauerkraut
Sides	Spanish Rice Roasted Corn Refried Beans Mixed Vegetables	Garlic Bread Green Beans	Mashed Potatoes Baby Carrots Mixed Squash	Parsley Rice Garlic Broccoli Roasted Carrots	Roasted Potatoes Brussels Sprouts Mixed Vegetable

Sunshine Café Sandwich Specials

MONDAY: Classic BBQ Burger – Grilled Burger, Crispy Onion Rings, Melted Cheddar Cheese, BBQ Sauce w/ Lettuce, Tomato & Onion

TUESDAY: Southwest Chicken Sandwich– Marinated Chicken Breast, Ancho Chili Sour Cream, Monterey Jack Cheese, Lettuce, Tomato & Onion on a Kaiser Roll.

WEDNESDAY: Tuna Wrap – Sussex County Classic Tuna Salad, American Cheese, Lettuce, Tomato & Onion, Wrapped up in a Flour Tortilla

THURSDAY: Sunshine Salmon Spinach Salad – Roasted Atlantic Salmon, Feta Cheese, Mandarin Oranges, Green Onions, Walnuts & Mango Raspberry Viniagrette

FRIDAY: Colorado Bean Wrap – Chipotle Sour Cream, Refried Beans, Salsa, Lettuce, Onion, Cheddar and Tomato wrapped up in a Flour Tortilla

(Sandwich Specials are as Promoted)