

THIS WEEK

October 19



Beef Meatloaf | Mushroom Gravy

Smashed New Potatoes **VEG** | Mashed Sweet Potatoes **VEG FIT** | Steamed Broccoli **V+ FIT** | Balsamic Glazed Brussel Sprouts **VEG**

Soup	Beef Vegetable
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Roast Beef & Cheddar Club

Deli Roast Beef | Bacon | Cheddar | Mayo | Lettuce | Tomato | Wheat Bread | Flick Chips

Grilled Chicken Melt

Grill Herb Grilled Chicken | Pesto Aioli | Arugula | Tomato | Wheat Bread | Flik Chips

Pizza	Red Sauce Mozzarella Goat Cheese Caramelized Onion Prosciutto
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Deconstructed Grilled Chicken Kebab FIT

Basmati Rice **V+ FIT** | Bulgur Wheat **V+ FIT** | Sauteed Zucchini **V+ FIT** | Tomato & Cucumber Salad **V+** | Pita Bread

Soup Lemon Oregano Chicken

Roast Beef & Cheddar Club

Deli Roast Beef | Bacon | Cheddar | Mayo | Lettuce | Tomato | Wheat
Bread | Flick Chips

Grilled Chicken Melt

Grill Herb Grilled Chicken | Pesto Aioli | Arugula | Tomato | Wheat Bread | Flik Chips

Pizza	Red Sauce Mozzarella Goat Cheese Caramelized Onion Prosciutto
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Chicken Parmesan

Penne Marinara **VEG** | Garlic Parmesan Bread | Roasted Garlic Broccolini **VEG**
FIT | Steamed Green Beans **V+ FIT**

Soup Cauliflower Parmesan VEG FIT

Roast Beef & Cheddar Club

Deli Roast Beef | Bacon | Cheddar | Mayo | Lettuce | Tomato | Wheat Bread | Flick Chips

Grilled Chicken Melt

Grill Herb Grilled Chicken | Pesto Aioli | Arugula | Tomato | Wheat Bread | Flik Chips

Pizza	Red Sauce Mozzarella Goat Cheese Caramelized Onion Prosciutto
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Tandoori Style Beef

Brown Rice **V+ FIT** | Roasted Carrots **V+**

Soup **Chicken, Vegetable & Rice FIT**

Roast Beef & Cheddar Club

Deli Roast Beef | Bacon | Cheddar | Mayo | Lettuce | Tomato | Wheat Bread | Flick Chips

Grilled Chicken Melt

Grill Herb Grilled Chicken | Pesto Aioli | Arugula | Tomato | Wheat Bread | Flik Chips

Pizza	Red Sauce Mozzarella Goat Cheese Caramelized Onion Prosciutto
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Chef's Choice

Soup	Broccoli Cheddar
1. In a large pot, sauté onion and garlic in oil until softened. 2. Add broth, potatoes, and carrots. Bring to a boil, then simmer for 15 minutes. 3. Add cream and cheese. Stir until melted. 4. Season with salt and pepper. Serve hot.	1. Preheat oven to 375°F. 2. Sauté onion and garlic in oil until softened. 3. Add broccoli, broth, and cheese. Simmer for 10 minutes. 4. Bake in a greased dish for 20 minutes.

Roast Beef & Cheddar Club

Deli	Roast Beef Bacon Cheddar Mayo Lettuce Tomato Wheat Bread Flik Chips
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Bread | Flk Chips

Grilled Chicken Melt

Grill Grilled Chicken | Pesto Aioli | Arugula | Tomato | Wheat Bread | Flik Chips

Pizza	Red Sauce Mozzarella Goat Cheese Caramelized Onion Prosciutto
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Before placing your order, please inform your server if a person in your party has a food allergy.

Food by **FLIK**