

6/11-6/17

**Breakfast**  
7:00 am to 10:00 am

*Available Daily:* Scrambled Eggs, Sausage, Bacon, Potatoes, Oatmeal, Cream of Wheat. • Yogurt Bar Monday thru Friday

	<i>Daily Special</i>	<i>Muffin of the Day</i>
<i>Monday</i>	<ul style="list-style-type: none"> <li>• Breakfast Burrito</li> <li>• Cinnamon Roll</li> </ul>	<ul style="list-style-type: none"> <li>• Zucchini Raisin</li> <li>• Raspberry Almond</li> </ul>
<i>Tuesday</i>	<ul style="list-style-type: none"> <li>• Belgium Waffle</li> </ul>	<ul style="list-style-type: none"> <li>• Sunshine Cranberry</li> <li>• Northwest Apple Nut</li> </ul>
<i>Wednesday</i>	<ul style="list-style-type: none"> <li>• Biscuits &amp; Gravy</li> </ul>	<ul style="list-style-type: none"> <li>• Pumpkin Harvest</li> <li>• Lemon Poppy seed</li> </ul>
<i>Thursday</i>	<ul style="list-style-type: none"> <li>• Belgian Waffle</li> <li>• Scone</li> </ul>	<ul style="list-style-type: none"> <li>• Zucchini Raisin</li> <li>• Mocha Chip</li> </ul>
<i>Friday</i>	<ul style="list-style-type: none"> <li>• Egg Saratoga</li> <li>• Sticky Bun</li> </ul>	<ul style="list-style-type: none"> <li>• Lemon Blueberry</li> <li>• Banana</li> </ul>
<i>Sat/Sunday</i>	<ul style="list-style-type: none"> <li>• <i>Daily Entrées</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Assorted Muffins</i></li> </ul>

**Lunch & Dinner**

Lunch: 11:00 am to 1:30 pm    Dinner: 4:30 pm to 7:00 pm

	<i>Soup</i>	<i>Entrées</i>	<i>Vegetable</i>
<i>Monday</i>	<ul style="list-style-type: none"> <li>• Split Pea w/ Ham</li> <li>• Canadian Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Stew w/ Roll</li> <li>• Jamaican Jerk Chicken w/ Spicy Baked Beans</li> <li>• Porcini Cutlet w/ Peanut Sauce</li> <li>• Citrus Spinach Chicken Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> </ul>
<i>Tuesday</i>	<ul style="list-style-type: none"> <li>• Beef Barley</li> <li>• Chicken Burrito</li> </ul>	<ul style="list-style-type: none"> <li>• Bleu Cheese Sliders</li> <li>• Maple Teriyaki Salmon</li> <li>• Toasted Couscous Salad</li> <li>• Turkey Cranberry Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Kale &amp; Collard Greens</li> </ul>
<i>Wednesday</i>	<ul style="list-style-type: none"> <li>• Seafood Chowder</li> <li>• Tomato Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Lemon Baked Cod</li> <li>• Reuben Sandwich</li> <li>• Sweet &amp; Sour Tofu Rice Bowl</li> <li>• Chicken Bleu Cheese Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Sautéed Zucchini</li> </ul>
<i>Thursday</i>	<ul style="list-style-type: none"> <li>• Italian Beef Vegetable</li> <li>• Cream of Spinach</li> </ul>	<ul style="list-style-type: none"> <li>• Sautéed Steak &amp; Potatoes w/ Horseradish Sauce</li> <li>• Toasted Veggie &amp; Walnut Wrap</li> <li>• Chicken Caesar Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Oven Roasted Root Veggies</li> </ul>
<i>Friday</i>	<ul style="list-style-type: none"> <li>• Chicken Enchilada</li> <li>• Clam Chowder</li> </ul>	<ul style="list-style-type: none"> <li>• Corn &amp; Cod Cakes w/ Avocado Sauce</li> <li>• Pot Roast</li> <li>• Vegetarian Shepherd's Pie</li> <li>• Chef Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Sautéed Green Beans</li> </ul>
<i>Saturday - Sunday</i>	Chef's Choice		



Limited Menu: 1:30 to 4:30pm

Seasons Espresso: 6:30 am to 1:30 pm (Monday – Friday)

We now accept Debit and Credit Cards

Ask about Seasons Gift Cards

All menu items are subject to change.