November 2026 Lunch Menu

Café Hours: M-F 6:30-AM – 3:00 PM
Serving Hot Breakfast 6:30AM to 10:00 AM / Serving Hot Lunch: 11:00 AM to 1:30 PM
Vegetarian options highlighted in Green Gluten Friendly options indicated with an Asterix

2nd Orange Glazed Salmon Green Beans Lemon Herbed Cous-Cous Stuffed Portobello Mushrooms Tomato Basil Soup	**3rd** Boneless Wings or Tofu Fresh Veggies w/ dip Curly Fries Macaroni and Cheese Mushroom Brie Bisque	**4th** Oven Baked Chicken Green Beans Garlic Mashed Potatoes w/ Gravy Creamy Shells Florentine Vegetable Beef Soup	**5th** Shrimp, Steak, or Veggie Fajitas Cilantro Rice Poblano Queso Guacamole Tortilla Chips California Medley Soup	**6th** Herb Crusted Cod Roasted Carrots Scalloped Potatoes Grilled Veggie Bake Stuffed Pepper Soup
9th Chicken and Noodles Green Beans Mashed Potatoes Creamy Tortellini w/ Broccoli & Sun-Dried Tomatoes (V) French Onion Soup (V)	**10th** Potato Bar* with Assorted Toppings Broccoli* Cheese* Bacon* Ham * Chili Cheeseburger Soup	**11th** Meat Loaf Peas Mashed Potatoes and Gravy Stuffed Portobello Mushrooms Spinach and Gnocchi Soup	**12th** Rustic Salmon Twice Baked Cauliflower Baby Bakers Chicken and Gnocchi Soup	**13th** Pizza Day! BBQ Chicken All Meat Spinach and Feta Pepperoni Boscoe Sticks Garden Salad Cream of Asparagus Soup
16th Bourbon Grilled Chicken Rice Pilaf Fresh Vegetable Medley* Stuffed Pepper Beef Soup	**17th** Pulled BBQ Pork Sandwich Coleslaw* Super Salad* Baked Beans Creamy Tortellini w/ Broccoli & Roasted Red Peppers (V) Chicken Curry	**18th** Build a Burrito Bowl Black Beans* Mexican Style Corn Queso* Cilantro Lime Rice* Grilled Peppers and Onions Assorted cold toppings Broccoli Cheddar Soup	**19th** Roasted Turkey with Cranberries Green Bean Casserole Mashed Potatoes w/ gravy Dinner Roll Macaroni and Cheese Butternut Squash Soup	**20th** Beef and Broccoli Stir Fry Vegetable Egg Roll (V) White Rice Grilled Vegetable Bake (V) Cheeseburger Soup
23rd Stuffed Chicken Breast* Roasted Vegetable Medley* Roasted Potato Medley* Ravioli with Marinara Smokey Poblano Soup	**24th** Spaghetti with Meat sauce Garden Salad Broccoli Garlic Bread Spaghetti with Marinara White Chicken Chili	**25th** Build your own sandwich Bar with Assorted breads, meats, cheeses, and toppings Broccoli Salad Potato Salad Chips French Onion Soup (V)	**26th**  Please Enjoy Room Service.	**27th**  Please Enjoy Room Service.
30th Italian Beef* Sandwich Macaroni Salad Roasted Cauliflower* Assorted Chips Tomato Basil Soup*				

At least 4 out of 5 lunch meals we serve during the week follow the plate method, which encourages a balanced plate: half filled with non-starchy vegetables, one-quarter with lean protein, and one-quarter with healthy carbohydrate. The Apple a Day café only uses lean cooking techniques such as baking, broiling, boiling, grilling,