



Café Hours: M-F 6:30-AM – 3:00 PM
Serving Hot Breakfast 6:30AM to 9:30 AM

September 2025 Lunch Menu



1st
Please Enjoy Room Service

2nd
Pulled BBQ Pork Sandwich
Coleslaw
Super Salad
Baked Beans
Creamy Tortellini w/ Broccoli & Roasted Red Peppers (V)

Chicken and Gnocchi Soup

3rd
Smothered Pork Chop
Skillet Cabbage
Mashed potatoes w/ gravy

Shells Florentine

California Medley Soup

4th
Italian Beef Sandwich
Macaroni Salad
Roasted Cauliflower
Assorted Chips

Tomato Basil Soup

5th
Creamy Tuscan Shrimp or Chicken
Caesar Salad
Buttered Noodles

Mushroom Stroganoff (V)

Vegetarian Chili (V)

8th
Pork Carnitas
Salsa Verde
Jalapeno Cheddar Cornbread Muffins

Chicken Tortilla Soup

9th
Potato & Sweet Potato Bar with Assorted Toppings

Chicken and Rice Soup

10th
Chicken and noodles
Green Beans
Mashed Potatoes

Potato Soup

11th
Herb Grilled Chicken or Cod
Roasted Carrots
Scalloped potatoes

Smokey Poblano

12th
Chicken Pot Pie Casserole
Biscuit
Garden Salad

Grilled Veggie Bake (V)

Cheeseburger Soup

15th
Orange Chicken
Broccoli
Yakisoba Noodles

Veggie Egg Rolls

French Onion

16th
Honey Lime Chicken Breast
Roasted Parmesan Cauliflower
Roasted Sweet Potatoes

Mushroom Brie Bisque

17th
Beef of Vegetable Lasagna
Garden Salad or Broccoli
Garlic Bread

Chicken and Gnocchi Soup

18th
Chicken with Herbed Mushroom Sauce
Green Beans
Mashed Potatoes

Broccoli Cheddar Soup

19th
Orange glazed Salmon
Asparagus
Rice Pilaf

Vegetable Beef Soup

22nd
Stuffed Chicken Breast
Roasted Vegetable Medley
Roasted Potato Medley

Ravioli with Marinara

Smokey Poblano Soup

23th
Spaghetti with meat sauce
Garden Salad
Broccoli
Garlic Bread

Spaghetti w/ Marinara

Cream of Asparagus

24th
Rustic Salmon
Roasted Brussels Sprouts with Balsamic and Bacon
Garlic Mashed Potatoes

Tomato Basil Soup (V)

25th
Caribbean Jerk Chicken Breast
Green Beans
Grilled Pineapple
Cilantro Lime Rice

Spicy Thai Soup

26th
Assorted Pizza (Cheese, Pepperoni, Spinach Feta, Chicken Bacon Ranch, Supreme, all meat)
Garden Salad
Bosco Stick w. Marinara

Chicken Noodle Soup

29th
KMC Bowls
- Mashed potatoes, breaded chicken, corn, cheese
Apple and Kale Salad

Pasta Faggioli

30th
Bourbon Grilled Salmon
Rice Pilaf
Fresh Vegetable Medley

Stuffed Pepper Beef 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, roasting, and air frying to prepare our meals. Menu approved by RD. Milk available upon request.

