

# Lunch Buffet Menu

MEMBER PRICE - \$20, NON-MEMBER - \$27

#### MONDAY

Beef Stifado Stew (SY)
Lemon Chicken (TB)
Baked Orzo (VT, MI, WH, CG)
Gemista Roast Vegetables (VG, TB, SU)
Lemon Herb Potatoes (VG)
Sweet Potato Curry (VG)
Minestrone (VG,SY)

#### TUESDAY

Huli Huli Chicken (TB, SY, SE)
Kalua Pork
Huli Huli Tofu (TB, VG, SY, SE, SU)
Garlic Rice (VT, MI, SY)
Wok Fried Cabbage & Bok Choy (SE, TB, VG)
Egg Drop Soup (VT, EG, SY)
Hot n Sour Soup (EG, SY, SE)

#### WEDNESDAY

Fried Chicken (SY, EG, WH, CG)
Country Fried Seak (MI, EG, WH, CG)
Buffalo Cauliflower (VT, MI, SU)
Macaroni & Cheese (VT, TB, MI, WH, CG)
Roasted Broccoli (VG, TB, SU)
Chicken Noodle Soup (EG, WH, CG, SU)
Seafood Chowder (MI, FI, SF, WH, CG, SU)

### THURSDAY

Meat Lovers Lasagna (MI, EG, WH, SY, CG)
Chicken Pomodoro (WH, SY, CG)
Penne Alla Arrabiatta (VG)
Sauted Seasonal Vegetables (VG)
Antipasti (MI, VT)
Minestrone Soup (EG, WH, CG)
Italian Wedding Soup (MI, EG, WH, CG)

## FRIDAY Closed for July 4th

#### SALAD BAR AND DESSERTS AVAILABLE EVERYDAY

VT - Vegetarian, VG - Vegan, MI - Contains Milk, EG - Contains Egg, CG - Contains Gluten, WH - Contains Wheat, SY - Contains Soy, FI - Contains Fish, SF - Contains Shellfish, TB - Heart Healthy SU - Sustainable, TN - Contains Tree Nuts, PN - Contains Peanuts, SE - Contains Sesame