Chatham Hall

	Monday 04/19/10	Tuesday 04/20/10	Wednesday 04/21/10	Thursday 04/22/10	Friday 04/23/10	Saturday 04/24/10	Sunday 04/25/10
LUNCH							**BRUNCH**
SOUP	Chicken & Rice Soup	Vegetable Chowder ▼	Tomato Dill Soup ♥ ▼	Chefs Choice	Hearty Vegetable Soup ♥ ▼	Cream of Mushroom Soup	
SALAD	Autumn Slaw ▼	Spinach Salad w/ Poppyseed Dressing	Herbed Seafood Salad ■	Local Mixgreen Salad	Feta & Orzo Salad ■ ▼		Scrambled Eggs Bacon Sausage French Toast Grits Waffles Biscuits
FRESH FOR YOU	Asian Station Cooking ■ ▼	Spinach Salad w/ Poppyseed Dressing					
CLASSIC ENTRÉE	Szechuan Beef & Peppers	Grilled Chicken Sandwich	Linguini ♥▼ Ragin' Cajun Chicken Sauce ■	Bison Burgers	Chicken Salad Tuna Salad Egg Salad Potato Salad	Grilled Cheese Sandwiches	
VEGETARIAN ENTRÉE	Szechuan Tofu ■ ▼	Portobello Mushroom Sandwich	Ragin' Cajun Tofu Sauce ■ ▼ Blackened Fish Fillet ♥ with Tomato Corn Salad ♥ ▼	Grilled Twin Oaks Tofu		Grilled Tomato And Cheese Beef Chili	Chili Pizza Pasta Salad Deli Bar Salad Bar
VEGETABLES & ACCOMPANIMENTS	Fried/Steamed ♥ Rice Steamed Snow Peas ♥ Ginger Carrots ♥ Spring Roll Rolls	Sweet Potato Fries Steamed Cauliflower ♥ Sauteed Brussels Sprouts ■ Cranberry Relish ♥ ▼	Baked Sweet Potatoes ♥ Steamed Broccoli ♥ Garlic Bread	Potato Wedges Local Greens Develed Eggs Roasred All Natural Potatoes		Corn Chips Corn Bread	
DESSERT	Fruit Gelatin Frozen Yogurt ■	Berry Crisp Frozen Yogurt ■	Smoors Bars	Local Strawberry Cobbler	Yougert Bar Frozen Yogurt ■	Cookies Frozen Yougurt	Dessert Bar Frozen Yougurt
DINNER							
SOUP	Creamy Chicken & Rice Soup	Vegetable Chowder ▼	Tomato Dill Soup ♥ ▼	Manhattan Clam Chowder ■		Chefs Choice	
SALAD					BREAKFAST FOR DINNER!!	Spinach Salad	Oriental Salad
FRESH FOR YOU		Pasta Bar ■ ▼	Chef Carved Pork Roast				
CLASSIC ENTRÉE	Chicken Parmesan	Philly Cheese steak Bar	Country Style Pork Roast ■ ▼	Lemon Pepper Chicken ■	BREAKFAST FOR DINNER!!	Roasted Salmon	Orange Glazed Chicken
VEGETARIAN ENTRÉE	Eggplant Parmesan	Spinach Stuffed Portobello's ■ ▼ Marinated Drumsticks ■	Caribbean Vegetable Stew ♥ ▼	Cheese Ravioli with Pumpkin Sage Sauce ■ ▼ Roast Turkey Breast ■		Grilled Tofu	Tofu Orange Glaze
VEGETABLES & ACCOMPANIMENTS	Sundried Tomato Sauce ■ Parslied Red Potatoes ♥ ▼ Green Beans with Feta ■	Baked Potato Bar ♥ ▼ Steamed Greens ♥ Roasted Ratatouille ♥ Veggies ♥ & Dip	Baked Brown Rice ♥ Steamed Corn ♥ Warm & Chunky Apple Sauce ♥	Baked Sweet Potatoes ♥ Steamed Green Beans ♥ Cauliflower ♥	BREAKFAST FOR DINNER!!	Wild Rice Grilled Asparagus	Brown Rice Broccoli Sesame Glazed Carrots Egg Rolls
BREAD	Ranch Style Rolls	Crusty French Rolls	Assorted Rolls	Parmesan Herb Muffins			
DESSERT	Cookies	Frozen Yogurt ■	Chocolate Whoopie Pies Frozen Yogurt ■	Pineapple Upside Down Cake Frozen Yogurt ■	Frozen Yogurt ■	Ice Cream Sandwiches Frozen Yougurt	Italian Ice Frozen Yougurt

Vegetarian ▼ Low Fat ♥ Healthier ■

salad bar and fresh fruit always available for lunch/brunch/dinner

■ Entrees (< 350 cal, < 5 g sat. fat); Soup, Salad, Sides (< 250 cal, < 5 g sat. fat); Baked Goods (< 230 cal, < 5 g fat)