



## Weekly Menu

July 17<sup>th</sup> – July 23<sup>rd</sup>

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

[Saturday](#)

[Sunday](#)

**Oceanside Café Hours:  
Breakfast 7am to 11am; Lunch 11am to 8pm**

# **Monday**

## **Market**

Roast Beef & Gravy  
Chicken & Dumplings  
Green Beans  
Steamed Broccoli & Cauliflower  
Plain Baked Potatoes

## **Mindful**

Hawaiian Chicken Breast Salad

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Tuna Salad Sandwich  
Chicken Salad Sandwich  
Turkey and Fresh Mozzarella Wrap

## **Grill**

Honey Ham & Cheese Chicken Sandwich

## **Soup**

Orzo and Meatball Soup

[Back to title page](#)

**Oceanside Café Hours:  
Breakfast 7am to 11am; Lunch 11am to 8pm**

# **Tuesday**

## **Market**

Lasagna with Meat Sauce  
Salisbury Steak  
Fresh Zucchini  
Steamed Carrots  
Breadsticks

## **Mindful**

Cajun Catfish Cake

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Fettuccine Alfredo with Seafood

## **Deli**

Classic Chef Jazz Salad Wrap

## **Grill**

No Special Today

## **Soup**

Chicken Noodle Soup

[Back to title page](#)

Oceanside Café Hours:  
Breakfast 7am to 11am; Lunch 11am to 8pm

# Wednesday

## **Market**

Crispy Baked Tilapia  
Teriyaki Chicken  
Barley Rice Pilaf  
Sliced Carrots

## **Mindful**

Ancho-Lime Chicken Baja Salad

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Tuna Salad Sandwich  
Chicken Salad Sandwich

## **Grill**

No Special Today

## **Soup**

Chicken and Dumpling Soup

[Back to title page](#)

Oceanside Café Hours:  
Breakfast 7am to 11am; Lunch 11am to 8pm

# Thursday

## **Market**

Oven Baked Chicken  
Stuffed Green Pepper  
Rice Pilaf  
Capri Mixed Vegetables

## **Mindful**

Cuban Pork Sandwich

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Sweet and Sour Chicken Stir Fry

## **Deli**

Boston Club Sub

## **Grill**

Grilled Turkey Melt on Sourdough

## **Soup**

Lentil Soup

[Back to title page](#)

**Oceanside Café Hours:  
Breakfast 7am to 11am; Lunch 11am to 8pm**

# **Friday**

## **Market**

Roast Pork Loin  
Sweet Potato Casserole  
Macaroni and Cheese  
Green Beans  
Brown Gravy

## **Mindful**

Pasta with Chicken, Asparagus,  
Red Peppers and Marinara

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Tuna Salad Sandwich  
Chicken Salad Sandwich

## **Grill**

No Special Today

## **Soup**

Minestrone

[Back to title page](#)

Oceanside Café Hours:  
Breakfast 7am to 11am; Lunch 11am to 8pm

# Saturday

## **Market**

Baked Ziti with Vegetables  
Fresh Broccoli Florets  
Buffalo Chicken Topper Salad

## **Mindful**

Station is Closed

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Tuna Salad Sandwich  
Chicken Salad Sandwich

## **Grill**

No Special today

## **Soup**

Tortilla Soup  
Breadsticks

[Back to title page](#)

**Oceanside Café Hours:  
Breakfast 7am to 11am; Lunch 11am to 8pm**

# **Sunday**

## **Market**

Grilled Balsamic Flank Steak  
Au Gratin Potatoes  
Baby Carrots  
Brown Gravy

## **Mindful**

Station is Closed

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Tuna Salad Sandwich  
Chicken Salad Sandwich

## **Grill**

Turkey, Beef, and Cheddar Sandwich

## **Soup**

Chicken Chowder

[Back to title page](#)