



Weekly Menu

Sept 18th – Sept 24th

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

[Saturday](#)

[Sunday](#)

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

Monday

Market

Grilled Balsamic Flank Steak
Au Gratin Potatoes
Beef Gravy
Sliced Carrots

Mindful

Vegetarian Italian Ratatouille

Fruit Station

Fresh Fruit Salad

Pizza

Sausage Pizza
Three Cheese Pizza

Deli

Tuna Salad Sandwich
Chicken Salad Sandwich

Grill

Honey Ham & Cheese Chicken Sandwich

Soup

Vegetable Beef Soup

[Back to title page](#)

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

Tuesday

Market

Salmon with Pineapple Chutney
Stuffed Chicken Breast
Yukon Gold Mashed Potatoes
Chicken Gravy
Fresh Zucchini & Tomatoes
Barley Rice Pilaf
California Mixed Vegetables

Mindful

Curried Sesame Chicken or Tofu over Rice with Vegetables

Fruit Station

Fresh Fruit Salad

Action Station

Korean Beef Stir Fry

Deli

Tuna Salad Sandwich
Chicken Salad Sandwich

Grill

BBQ Pulled Pork Sandwich

Soup

Cuban Black Bean Soup

[Back to title page](#)

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

Wednesday

Market

Meatloaf
Yukon Gold Mashed Potatoes
Mushroom Gravy
Broccoli

Mindful

Pouched Salmon

Fruit Station

Fresh Fruit Salad

Action Station

Station is Closed

Deli

Tuna Salad Sandwich
Chicken Salad Sandwich

Grill

Grilled Reuben Sandwich

Soup

Wild Chicken Chili

[Back to title page](#)

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

Thursday

Market

Southern Pot Roast
Red Roasted Potatoes
Brown Gravy
Green Beans
Braised Cabbage

Mindful

Moroccan Chicken, Vegetables, & Rice

Fruit Station

Fresh Fruit Salad

Action Station

Greek Festival Grilled Chicken Gyro

Deli

Tuna Salad Sandwich
Chicken Salad Sandwich

Grill

Philly Cheese Steak Sandwich

Soup

Garden Vegetable and Rotini Soup

[Back to title page](#)

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

Friday

Market

Parmesan Chicken Breast
Whole Grain Rotini Pasta
Corn on the Cob
Fresh Broccoli

Mindful

Tuscan Herbed Tilapia Meal

Fruit Station

Fresh Fruit Salad

Action Station

Station is Closed

Deli

Tuna Salad Sandwich
Chicken Salad Sandwich

Grill

No Special

Soup

Chunky Vegetable Soup with Orzo Pasta

[Back to title page](#)

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

Saturday

Market

Beef Stroganoff
Egg Noodles
Fresh Zucchini

Mindful

Station is Closed

Fruit Station

Fresh Fruit Salad

Action Station

Station is Closed

Deli

Tuna Salad Sandwich
Chicken Salad Sandwich

Grill

No Special

Soup

Tomato Basil Bisque

[Back to title page](#)

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

Sunday

Market

Roasted Turkey Breast
Mashed Potatoes
Poultry Gravy
Broccoli & Cauliflower

Mindful

Station is Closed

Fruit Station

Fresh Fruit Salad

Action Station

Station is Closed

Deli

Tuna Salad Sandwich
Chicken Salad Sandwich

Grill

Grilled Turkey Melt on Sourdough

Soup

Vegetable Beef Soup

[Back to title page](#)