

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11/5	11/6	11/7	11/8	11/9	11/10	11/11
<b>Soup:</b> Herbed Chicken <b>Entrée:</b> Beef Tenderloin Medallion <b>Starch:</b> Roasted Potatoes <b>Veg:</b> Green Beans	<b>Soup:</b> Red Pepper Gou-da <b>Entrée:</b> Ham & Potato Casserole <b>Starch:</b> French Bread <b>Veg:</b> Asparagus	<b>Soup:</b> Beef Borscht <b>Entrée:</b> Beef Bourguignon <b>Starch:</b> Buttered Noodles <b>Veg:</b> Steamed Spinach	<b>Soup:</b> Ham & Roasted Pea <b>Entrée:</b> Blackened Pork Tenderloin <b>Starch:</b> Au Gratin Potatoes <b>Veg:</b> Steamed Broccoli	<b>Soup:</b> Italian White Bean <b>Entrée:</b> Lasagna Bolognese <b>Starch:</b> Garlic Bread <b>Veg:</b> Roasted Cauliflower	<b>Soup:</b> Chicken & Noodle <b>Entrée:</b> Balsamic Salmon <b>Starch:</b> Wild Rice <b>Veg:</b> Braised Brussels Sprouts	<b>Soup:</b> Miso Mushroom <b>Entrée:</b> Orange Honey Glazed Pork Tenderloin <b>Starch:</b> Vegetable Egg Roll <b>Veg:</b> Stir Fried Vegetables
<b>Soup:</b> Hearty Vegetable <b>Entrée:</b> Chicken Scallopini <b>Starch:</b> Herbed linguine <b>Veg:</b> Roasted Tomatoes	<b>Soup:</b> Sausage & Kale <b>Entrée:</b> Salisbury Steak <b>Starch:</b> Mashed Potatoes <b>Veg:</b> Peas	<b>Soup:</b> Loaded Potato <b>Entrée:</b> Pulled Pork <b>Starch:</b> Baked Beans <b>Veg:</b> Glazed Carrots	<b>Soup:</b> Roasted Garlic Parmesan <b>Entrée:</b> Fried Tilapia <b>Starch:</b> Hushpuppies <b>Veg:</b> Coleslaw	<b>Soup:</b> Steak & Potato <b>Entrée:</b> Brown Beans & Ham <b>Starch:</b> Corn Bread <b>Veg:</b> Seneca Succotash	<b>Soup:</b> Lemony Vegetable <b>Entrée:</b> Fried Chicken <b>Starch:</b> Mashed Potatoes & Gravy <b>Veg:</b> Green Beans	<b>Soup:</b> Tomato & Spinach <b>Entrée:</b> Braised Brisket w/Onions <b>Starch:</b> Three Bean Casserole <b>Veg:</b> Sautéed Cabbage

Available Everyday at Lunch and Dinner

**Quinoa Salad w/Cabbage & Kale GF -\$12**

Shredded Cabbage & Kale tossed with Quinoa, Carrots and Red Onions in a Citrus Vinaigrette topped with Grilled Chicken

**Grilled Dijon Salmon GF-\$14**

Grilled Atlantic salmon topped with a Dijon Cream Sauce-\$14

**Fried Chicken Tenders-\$12**

Breaded Chicken tenderloin strips w/Pepper Gravy

**Beef Medallion -\$16 GF**

4oz Sliced Beef Tenderloin pan seared served w/Red wine Demi

*Entrée comes with choice of two sides*

**Sides:** *Baked Potato, Sweet Potato, Mashed Potatoes & Gravy, Fries, Sweet Potato Fries, Fried Okra, House Chips, Steamed Spinach, Asparagus, Broccoli, Fried Green Beans, Vegetable of the Day*

**Soup-\$3**

**Bowl of Chili -\$4**

**Salad Bar -\$6**

**Deli Sandwich -\$8**

Ham, Roast Beef or Turkey w/choice of cheese, lettuce and tomato (can sub grilled cheese)

**The Cypress Burger -\$10**

1/2lb angus patty grilled to order w/ lettuce, tomato, onion, pickle and choice of cheese

**Crispy Chicken Sandwich -\$10**

Breaded Chicken cutlet topped w/melted provolone cheese & Cranberry Mayo

**Cuban Sandwich -\$10**

Grilled Sandwich w/Roasted Pork, Sliced ham, pickles, Swiss Cheese and Mustard on Cuban Bread

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11/12	11/13	11/14	11/15	11/16	11/17	11/18
<b>Soup: Ham &amp; Bean</b> <b>Entrée:</b> Fried Shrimp <b>Starch:</b> Macaroni Salad <b>Veg:</b> Roasted Vegetables	<b>Soup: Creamed Cauliflower</b> <b>Entrée:</b> Beef Pot Pie <b>Starch:</b> Yeast Roll <b>Veg:</b> Asparagus	<b>Soup: Pozole</b> <b>Entrée: Chili Verde</b> <b>Starch: Mexican Rice</b> <b>Veg: Roasted Tomatoes</b>	<b>Soup: Seafood Gumbo</b> <b>Entrée: Chicken Creole</b> <b>Starch: Red Beans</b> <b>Veg: Fried Okra</b>	<b>Soup: Cabbage &amp; Potato</b> <b>Entrée: Kielbasa &amp; Peppers</b> <b>Starch: Pasta Salad</b> <b>Veg: Roasted Cauliflower</b>	<b>Soup: Barley Beef</b> <b>Entrée: Lemon Pepper Cod</b> <b>Starch: Rice Pilaf</b> <b>Veg: Zucchini &amp; Squash</b>	<b>Soup: Roasted Vegetable</b> <b>Entrée: Chicken &amp; Dumplings</b> <b>Starch: Fried Potatoes</b> <b>Veg: Vegetable Medley</b>
<b>Soup: Smokehouse Beef &amp; Rice</b> <b>Entrée: BBQ Chicken</b> <b>Starch: Potato Salad</b> <b>Veg: Fried Squash</b>	<b>Soup: Italian Wedding</b> <b>Entrée: Tortellini Carbonara</b> <b>Starch: Garlic Toast</b> <b>Veg: Egg Plant Caponata</b>	<b>Soup: Minestrone</b> <b>Entrée: Turkey Swiss Casserole</b> <b>Starch: Roasted Potatoes</b> <b>Veg: Steamed Spinach</b>	<b>Soup: Broccoli Cheese</b> <b>Entrée: Pork Parmesan</b> <b>Starch: Herbed Linguine</b> <b>Veg: Glazed Carrots</b>	<b>Soup: Cream of Mushroom</b> <b>Entrée: Braised Eye of Round</b> <b>Starch: Loaded Mashed Potatoes</b> <b>Veg: Green Beans</b>	<b>Soup: Vegetable Pork</b> <b>Entrée: Cabbage Roll</b> <b>Starch: Creamy Orzo</b> <b>Veg: Steamed Broccoli</b>	<b>Soup: Creamy Pumpkin</b> <b>Entrée: Roasted Pork Tenderloin</b> <b>Starch: Rice Dressing</b> <b>Veg: Stewed Okra</b>

Available Everyday at Lunch and Dinner

**Quinoa Salad w/Cabbage & Kale GF -\$12**

Shredded Cabbage & Kale tossed with Quinoa, Carrots and Red Onions in a Citrus Vinaigrette topped with Grilled Chicken

**Grilled Dijon Salmon GF-\$14**

Grilled Atlantic salmon topped with a Dijon Cream Sauce-\$14

**Fried Chicken Tenders-\$12**

Breaded Chicken tenderloin strips w/Pepper Gravy

**Beef Medallion -\$16 GF**

4oz Sliced Beef Tenderloin pan seared served w/Red wine Demi

Entrée comes with choice of two sides

**Sides: Baked Potato, Sweet Potato, Mashed Potatoes & Gravy, Fries, Sweet Potato Fries, Fried Okra, House Chips, Steamed Spinach, Asparagus, Broccoli, Fried Green Beans, Vegetable of the Day**

**Soup-\$3**

**Bowl of Chili -\$4**

**Salad Bar -\$6**

**Deli Sandwich -\$8**

Ham, Roast Beef or Turkey w/choice of cheese, lettuce and tomato (can sub grilled cheese)

**The Cypress Burger -\$10**

1/2lb angus patty grilled to order w/ lettuce, tomato, onion, pickle and choice of cheese

**Crispy Chicken Sandwich -\$10**

Breaded Chicken cutlet topped w/melted provolone cheese & Cranberry Mayo

**Cuban Sandwich -\$10**

Grilled Sandwich w/Roasted Pork, Sliced ham, pickles, Swiss Cheese and Mustard on Cuban Bread

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/22	10/23	10/24	10/25	10/16	10/27	10/28
<b>Soup:</b> Asparagus & Tomato <b>Entrée:</b> Grilled Ham Steak <b>Starch:</b> Au Gratin Potatoes <b>Veg:</b> Snap Peas & Carrots	<b>Soup:</b> Sweet Potato & Quinoa <b>Entrée:</b> Sheppard's Pie <b>Starch:</b> French Roll <b>Veg:</b> Sautéed Spinach	<b>Soup:</b> Hearty Chicken <b>Entrée:</b> Seafood Mornay <b>Starch:</b> Jasmine Rice Pilaf <b>Veg:</b> Roasted Brussels Sprouts	<b>Soup:</b> Asian Noodle <b>Entrée:</b> Sweet & Sour Chicken <b>Starch:</b> Egg Roll <b>Veg:</b> Stir Fried Vegetables	<b>Soup:</b> Spinach & Bacon <b>Entrée:</b> Roast Turkey <b>Starch:</b> Cornbread Dressing <b>Veg:</b> Green Beans	<b>Soup:</b> Mushroom Barley <b>Entrée:</b> Cranberry Apple Stuffed Pork Tenderloin <b>Starch:</b> Corn Fritter <b>Veg:</b> Stewed Red Cabbage	<b>Soup:</b> White Bean & Kale <b>Entrée:</b> Blackened Beef Tenderloin w/Bleu Cheese Cream Sauce <b>Starch:</b> Cous Cous <b>Veg:</b> Balsamic Asparagus
<b>Soup:</b> Chuckwagon Stew <b>Entrée:</b> Blackened Chicken <b>Starch:</b> Cavatappi <b>Veg:</b> Grilled Asparagus	<b>Soup:</b> French Onion <b>Entrée:</b> Pork & Potato Stew <b>Starch:</b> Black Eyed Peas <b>Veg:</b> Sauté Cabbage	<b>Soup:</b> Butternut Bisque <b>Entrée:</b> Meatloaf <b>Starch:</b> Mashed Potatoes <b>Veg:</b> Creamed Spinach	<b>Soup:</b> Tuscan Vegetable <b>Entrée:</b> Lasagna <b>Starch:</b> Garlic Bread <b>Veg:</b> Stewed Egg Plant	<b>Soup:</b> White Chicken Chili <b>Entrée:</b> Pepper Steak <b>Starch:</b> Sesame Rice <b>Veg:</b> Broccoli	<b>Soup:</b> Boston Clam Chowder <b>Entrée:</b> King Ranch Chicken <b>Starch:</b> Buttered Noodles <b>Veg:</b> Peas & Carrots	<b>Soup:</b> Ham & Cabbage <b>Entrée:</b> Fried Catfish <b>Starch:</b> Potato Salad <b>Veg:</b> Coleslaw

Available Everyday at Lunch and Dinner

**Quinoa Salad w/Cabbage & Kale GF -\$12**

Shredded Cabbage & Kale tossed with Quinoa, Carrots and Red Onions in a Citrus Vinaigrette topped with Grilled Chicken

**Grilled Dijon Salmon GF-\$14**

Grilled Atlantic salmon topped with a Dijon Cream Sauce-\$14

**Fried Chicken Tenders-\$12**

Breaded Chicken tenderloin strips w/Pepper Gravy

**Beef Medallion -\$16 GF**

4oz Sliced Beef Tenderloin pan seared served w/Red wine Demi

*Entrée comes with choice of two sides*

**Sides:** *Baked Potato, Sweet Potato, Mashed Potatoes & Gravy, Fries, Sweet Potato Fries, Fried Okra, House Chips, Steamed Spinach, Asparagus, Broccoli, Fried Green Beans, Vegetable of the Day*

**Soup-\$3**

**Bowl of Chili -\$4**

**Salad Bar -\$6**

**Deli Sandwich -\$8**

Ham, Roast Beef or Turkey w/choice of cheese, lettuce and tomato (can sub grilled cheese)

**The Cypress Burger -\$10**

1/2lb angus patty grilled to order w/ lettuce, tomato, onion, pickle and choice of cheese

**Crispy Chicken Sandwich -\$10**

Breaded Chicken cutlet topped w/melted provolone cheese & Cranberry Mayo

**Cuban Sandwich -\$10**

Grilled Sandwich w/Roasted Pork, Sliced ham, pickles, Swiss Cheese and Mustard on Cuban Bread

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/29	10/30	10/31	11/1	11/2	11/3	11/4
<b>Soup:</b> Italian Beef Vegetable <b>Entrée:</b> Ravioli w/ Marinara <b>Starch:</b> Garlic Toast <b>Veg:</b> Steamed Broccoli	<b>Soup:</b> Split Pea <b>Entrée:</b> Rosemary Chicken <b>Starch:</b> German Potato Salad <b>Veg:</b> Carrots	<b>Soup:</b> Taco <b>Entrée:</b> Pork Carnitas <b>Starch:</b> Borracho Beans <b>Veg:</b> Fire Roasted Corn	<b>Soup:</b> Ginger Carrot <b>Entrée:</b> Chicken Fried Steak <b>Starch:</b> Mashed Potatoes & Gravy <b>Veg:</b> Green Beans	<b>Soup:</b> Fennel Chicken <b>Entrée:</b> Italian Sausage w/Peppers & Onions <b>Starch:</b> Garlic Butter Gnocchi <b>Veg:</b> Asparagus	<b>Soup:</b> Garlic Vegetable <b>Entrée:</b> Battered Cod <b>Starch:</b> Hushpuppies <b>Veg:</b> Braised Greens	<b>Soup:</b> Celery & Bleu Cheese <b>Entrée:</b> Swedish Meatballs <b>Starch:</b> Buttered Noodles <b>Veg:</b> Broccoli & Cauliflower
<b>Soup:</b> Parmesan Cauliflower <b>Entrée:</b> Southwest Beef Casserole <b>Starch:</b> Refried Beans <b>Veg:</b> Zucchini & Tomatoes	<b>Soup:</b> Chicken & Rice <b>Entrée:</b> Crab Cake w/ Remoulade <b>Starch:</b> Lemon Herb Orzo <b>Veg:</b> Roasted Vegetable Medley	<b>Soup:</b> Potato Leek <b>Entrée:</b> Jambalaya <b>Starch:</b> Cheddar Biscuit <b>Veg:</b> Sauteed Okra	<b>Soup:</b> Lemon Artichoke <b>Entrée:</b> Pesto Chicken <b>Starch:</b> Penne Pasta <b>Veg:</b> Roasted Vegetables	<b>Soup:</b> Black Eyed Pea <b>Entrée:</b> Beef Stew <b>Starch:</b> Cornbread <b>Veg:</b> Roasted Squash	<b>Soup:</b> Hunters Stew <b>Entrée:</b> Turkey Pot Pie <b>Starch:</b> Garlic Potatoes <b>Veg:</b> Carrots	<b>Soup:</b> Tomato Basil <b>Entrée:</b> Dijon Crusted Pork Tenderloin <b>Starch:</b> Cranberry Rice Pilaf <b>Veg:</b> Peas

Available Everyday at Lunch and Dinner

**Quinoa Salad w/Cabbage & Kale GF -\$12**

Shredded Cabbage & Kale tossed with Quinoa, Carrots and Red Onions in a Citrus Vinaigrette topped with Grilled Chicken

**Grilled Dijon Salmon GF-\$14**

Grilled Atlantic salmon topped with a Dijon Cream Sauce-\$14

**Fried Chicken Tenders-\$12**

Breaded Chicken tenderloin strips w/Pepper Gravy

**Beef Medallion -\$16 GF**

4oz Sliced Beef Tenderloin pan seared served w/Red wine Demi

*Entrée comes with choice of two sides*

**Sides:** Baked Potato, Sweet Potato, Mashed Potatoes & Gravy, Fries, Sweet Potato Fries, Fried Okra, House Chips, Steamed Spinach, Asparagus, Broccoli, Fried Green Beans, Vegetable of the Day

**Soup-\$3**

**Bowl of Chili -\$4**

**Salad Bar -\$6**

**Deli Sandwich -\$8**

Ham, Roast Beef or Turkey w/choice of cheese, lettuce and tomato (can sub grilled cheese)

**The Cypress Burger -\$10**

1/2lb angus patty grilled to order w/ lettuce, tomato, onion, pickle and choice of cheese

**Crispy Chicken Sandwich -\$10**

Breaded Chicken cutlet topped w/melted provolone cheese & Cranberry Mayo

**Cuban Sandwich -\$10**

Grilled Sandwich w/Roasted Pork, Sliced ham, pickles, Swiss Cheese and Mustard on Cuban Bread