

**Lunch &
Sunday Supper
At**



Monday, Nov. 11, 2024 – Sunday, Nov. 17, 2024

GF–Gluten Free **DF** –Dairy Free **LS** –Low Sodium **V**–Vegetarian

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday: National Fast Food Day	Sunday Supper
Soup	Lima Bean w/ Ham & Sage GF DF	Cream of Cauliflower GF	Hortosoupa GF DF V Greek vegetable soup	Sweet Potato & Butternut Squash GF	Carrot & Ginger GF DF V	Tomato Bisque	Curried Shrimp Bisque
Salad	Roasted Mushrooms GF DF V	Crunchy Sesame Coleslaw GF DF V	Cauliflower & Chickpea GF DF V	Macaroni DF V	Broccoli Slaw GF DF V	Coleslaw GF DF V	Corn & Grilled Zucchini Salad GF V
Entrées	Roasted Veggie Wrap DF LS V Seared Chicken Breast w/ Pineapple, Ginger & Mint Salad GF DF LS	Southeast Asian Shrimp & Grapefruit Salad w/ Peanuts DF LS Beef & Broccoli DF LS <i>Tofu Available by Request</i>	Coconut Salmon & Tomato Bake GF DF LS Ham Salad GF DF	Baked Stuffed Zucchini GF LS V Turkey, Swiss & Bacon Hoagie LS	Bacon Club Wrap Butternut Squash & Shallot Pasta LS V	Homemade Big Mac LS Fried Chicken Sandwich w/ Chick-Fil-A Sauce	Black Bean & Spinach Enchiladas GF LS V Green Chile Chicken Stew w/ Potatoes & Peanuts GF DF LS
Sides	Nutmeg Steamed Spinach GF DF V Celery & Carrot Sticks GF DF V	Braised Bok Choy GF DF V Steamed Brown Rice GF DF V	Roasted Root Vegetables GF DF V Quinoa GF DF V	Mixed Vegetables: Carrots, Peas, Green Beans, Corn GF DF V Bag of Chips GF DF V	Lemon Broccoli GF DF V	Curly Fries GF DF V Mixed Vegetables GF DF V	Carrots, Green Beans, Squash & Zucchini Blend GF DF V Spanish Rice GF DF V
Dessert	Carrot Cake NSA Carrot Cake	Sugar Cookies NSA Cheesecake	Pumpkin Ice Cream GF NSA Vanilla Pudding GF	Lemon Meringue Pie Sautauthig: Cornmeal Blueberry Pudding GF	Chocolate Cake NSA Chocolate Cake	Chocolate Chip Cookies Apple Slices GF DF	Ice Cream Cones NSA Chocolate Mousse GF



Specials & Sides

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Chef's Special

Dinner Service Only

Philly Cheesesteak Flatbread Pizza \$9.50

Flatbread pizza topped with peppers, onions, mushrooms, pizza sauce, mozzarella & cheddar cheese and Philly steak meat (401.2 cal., 12.2g carb, 610mg sodium)

Gluten free pizza available by request

Salmon Special

Dinner Service Only

Salmon Roasted in Olive Oil \$12.60 **GF DF**

LS

Roasted salmon fillet with parsley, thyme & basil served with dill rice and sauteed asparagus(345 cal., 1g carb, 339mg sodium)

Blue Zones Special

Dinner Service Only

Tofu Steak with Miso Mushrooms **GF DF**

\$12.60

Pan seared Tofu Steak topped shitake mushrooms and cherry tomatoes .

Fish Special

Cajun Catfish \$12.60 **GF DF**

Chicken Special

Jerk Chicken Thigh w/ Mango Chutney (Boneless) \$12.60 **GF DF**

Also served plain or with chicken gravy.

Grilled Chicken Breast (upon request only)

Premium Entrée

Dinner Service Only

Spiced Lamb Chops (2) \$19.30 **GF DF**

Two lamb chops sauteed and served with the couscous and a fennel & cucumber salad (182cal., 27g carb, 481mg sodium)

Always Available Items

See Bistro Tri-Fold Menu.

Sides of the Week

A la carte price: \$2.45

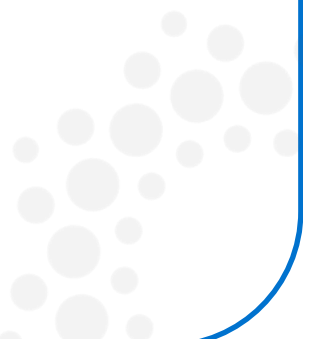
Mashed Potatoes

Baked & Sweet Potatoes

Green Beans

Sautéed Spinach

Steamed Carrots



Dinner Menu



The Mixing Bowl



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Salad	Creamy Broccoli	Kale w/ Beets GF DF V	Salta Glikia Patata: Sweet Potato Arugula Salad GF V	Watercress Salad w/ Apples GF V	Radicchio, Pear, Walnuts & Goat	Cheddar Bacon Wedge GF	Pear, Walnut & Blue Cheese GF V
Entrées	BBQ Flank Steak w/ Chutney Bourbon Glaze GF DF LS Warm Fall Chopped Salad GF LS V	Chicken Diana GF LS Chicken in a Mustard & Brandy Cream Sauce Apple Stuffed Pork Loin LS	Greek Lamb Stew LS Mediterranean Cod LS	Venison Loin w/ Blackberry Gastrique GF DF Roasted Turkey w/ Cranberry Sauce GF DF LS	Lemon Parsley Trout GF LS Fried Chicken DF LS	Rosemary & Garlic Lamb Shanks GF DF LS Blackened Cod w/ Wild Rice & Beans GF DF	Amaretto Chicken GF DF LS Grilled Salmon w/ Lemon Caper Sauce GF
Sides	Green Beans w/ Mushrooms & Onions GF DF V Braised Collard Greens GF DF V Red Bliss Mashed Potatoes GF V	Roasted Carrots GF DF V Parsley Cauliflower GF DF V Parmesan Polenta GF V	Grilled Eggplant GF DF V Turmeric Cauliflower GF DF V Brown Rice GF DF V	Wild Rice Pilaf GF V Roasted Butternut Squash GF DF V Braised Swiss Chard GF DF V	Sauteed Spinach w/ Garlic GF DF V Braised Okra & Tomatoes GF DF V Mac & Cheese V	Sauteed Mushrooms GF DF V Braised Leeks GF DF V Herb Orzo V	Steamed Broccoli GF DF V Steamed Carrots GF DF V Roasted Fingerling Potatoes GF V
Desserts	Cherry Pie NSA Carrot Cake	Cheesecake NSA Cheesecake	Baklava NSA Vanilla Pudding GF	Sautauthig: Cornmeal Blueberry Pudding GF	Angel Food Cake w/ Cherry Topping NSA Chocolate Cake	Tiramisu Apple Slices	Flourless Chocolate Cake NSA Chocolate

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Goodwin House
Alexandria