Monday, March 02, 2020

Spotlight Soft Taco with Beef or Chicken (Lunch) $8.50
Vegetarian Soft Taco (Lunch) $7.50

Entrées
- Chicken Alfredo with Linguine $7.85
- Vegetarian Alfredo w/ Linguine $7.30
- Tuscan Trout $7.85

Sides
- Peas and Pearl Onions; Herb Medley $1.75
- Roasted Red Potatoes; Quinoa with Roasted Vegetables $1.75

Soups
- Swiss Cauliflower $2.85/$3.75
- Meat Chili $2.85/$3.75

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Wednesday, March 04, 2020

Spotlight Chicken Shawarma Plate (Lunch) $8.50
Vegetarian Mediterranean Plate (Lunch) $7.50

Entrées
- Spaghetti with Meat Sauce $7.85
- Spaghetti with Marinara Sauce $7.30
- Cilantro Chicken $7.85

Sides
- Tuscan Blend; Roasted Carrot Medley $1.75
- Spaghetti Noodles; Arroz Verde $1.75

Soups
- Cheesy Turkey and Broccoli $2.85/$3.75
- Meat Chili $2.85/$3.75

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Thursday, March 05, 2020

Spotlight Greek Salad with Chicken or Shrimp (Lunch) $8.50
Vegetarian Greek Salad (Lunch) $7.50

Entrées
- Hoisin Beef $7.85
- Stuffed Portobello Mushrooms $7.30

Sides
- Sicilian Blend; Broccoli Stir Fry Medley $1.75
- Potato Au Gratin; Garlic Fried Rice $1.75

Soups
- Italian White Bean $2.85/$3.75
- Chicken Mulligatawny $2.85/$3.75

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Friday, March 06, 2020

Spotlight Beef Satay with Noodles (Lunch) $8.50
Vegetarian Satay with Noodles (Lunch) $7.50

Entrées
- Honey Glazed Pork Loin $7.85
- Citrus Garlic Cod $7.85

Sides
- Peas and Carrots; Green Bean Medley $1.75
- Mashed Potatoes; Rice Pilaf $1.75

Soups
- New England Clam Chowder $2.85/$3.75
- Lentil $2.85/$3.75

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Saturday, March 07, 2020

Spotlight Mediterranean Omelet / Greek Potato Hash (Breakfast & Lunch) $6.55

Entrées
- Baked Salmon w/ Mango Pineapple Salsa $8.85
- Sweet and Sour Chicken $7.85

Sides
- Seasonal Vegetables; Fresh Baby Bok Choy $1.75
- Brown Rice; Jasmine Rice $1.75

Soups
- Lemon Chicken $2.85/$3.75
- Garden Vegetables $2.85/$3.75

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Checkers Café
March 1st - March 7th 2020

Heart Healthy Meal
Vegetarian 🥗 Vegan

Café Hours
MONDAY - FRIDAY 6:30 am - 7:30 pm
Breakfast 6:30 - 9:30
Lunch 11:00 - 2:00
Grill 11:00 - 7:30
Dinner 4:30 - 7:30
WEEKENDS & HOLIDAYS 8:30 am - 2:30 pm
Breakfast 8:30 - 10:30
Grill 11:00 - 2:30

Sunday, March 01, 2020

Hot breakfast items available from 8:30 am – 10:30 am.
Grill items and specials available from 11:00 am – 2:30 pm.
Salad bar, soup, assorted grab ‘n go salads and sandwiches, pastries, desserts, snacks, hot and cold beverages available during hours of operation.

Monday, March 02, 2020
Spotlight Soft Taco with Beef or Chicken (Lunch) $8.50
Vegetarian Soft Taco (Lunch) $7.50

Entrées Chicken Alfredo with Linguine $7.85
Vegetarian Alfredo w/ Linguine $7.30
Tuscan Trout $7.85

Sides Peas and Pearl Onions; Herb Medley $1.75
Roasted Red Potatoes; Quinoa with Roasted Vegetables $1.75

Soups Swiss Cauliflower $2.85/$3.75
Meat Chili $2.85/$3.75

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Tuesday, March 03, 2020
Spotlight Omelet Bar (Breakfast & Lunch) $6.55

Featured Mediterranean Omelet / Greek Potato Hash (Breakfast & Lunch) $6.55

Entrées Baked Salmon w/ Mango Pineapple Salsa $8.85
Sweet and Sour Chicken $7.85

Sides Seasonal Vegetables; Fresh Baby Bok Choy $1.75
Brown Rice; Jasmine Rice $1.75

Soups Lemon Chicken $2.85/$3.75
Garden Vegetables $2.85/$3.75

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Wednesday, March 04, 2020
Spotlight Chicken Shawarma Plate (Lunch) $8.50
Vegetarian Mediterranean Plate (Lunch) $7.50

Entrées Spaghetti with Meat Sauce $7.85
Spaghetti with Marinara Sauce $7.30
Cilantro Chicken $7.85

Sides Tuscan Blend; Roasted Carrot Medley $1.75
Spaghetti Noodles; Arroz Verde $1.75

Soups Cheesy Turkey and Broccoli $2.85/$3.75
Meat Chili $2.85/$3.75

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Thursday, March 05, 2020
Stop by the farmer's market located at the entrance!

Spotlight Greek Salad with Chicken or Shrimp (Lunch) $8.50
Vegetarian Greek Salad (Lunch) $7.50

Entrées Hoisin Beef $7.85
Stuffed Portobello Mushrooms $7.30

Sides Sicilian Blend; Broccoli Stir Fry Medley $1.75
Potato Au Gratin; Garlic Fried Rice $1.75

Soups Italian White Bean $2.85/$3.75
Chicken Mulligatawny $2.85/$3.75

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Friday, March 06, 2020
Spotlight Beef Satay with Noodles (Lunch) $8.50
Vegetarian Satay with Noodles (Lunch) $7.50

Entrées Honey Glazed Pork Loin $7.85
Citrus Garlic Cod $7.85

Sides Peas and Carrots; Green Bean Medley $1.75
Mashed Potatoes; Rice Pilaf $1.75

Soups New England Clam Chowder $2.85/$3.75
Lentil $2.85/$3.75

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Saturday, March 07, 2020
Hot breakfast items available from 8:30 am – 10:30 am.
Grill items and specials available from 11:00 am – 2:30 pm.
Salad bar, soup, assorted grab ‘n go salads and sandwiches, pastries, desserts, snacks, hot and cold beverages available during hours of operation.

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2 Entrées Are Served With Two Sides Pasta Dishes Are Served With One Side