




Where Good Means the Best

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HOURS
MON-FRI
 5:30 am - 6:00 pm
SATURDAY
 6:00 am - 5:00 pm
SUNDAY:
 CLOSED

AUGUST 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Stuffed Peppers	2 Blueberry TV Bars	3 Shrimp Alfredo	4 Think Homemade Ice Cream
	6 Chicken Noodle Soup 	7 Mandarin Pomegranate Spinach Salad	8 Scallop Potatoes w/ Ham	9 Chocolate Lovers Cake	10 Crab Cake Dinner	11 Let us Cook Your Dinner!
	13 Gazpacho	14 Italian Pasta Salad	15 BBQ Chicken Dinner	16 Ice Cream Cookies 	17 Salmon Loaf Dinner	Every day we offer something new in our Deli Case! Call us in the morning and we can have your lunch hot and ready to go.
Come on over! The Raspberry Tarts have arrived and the Blueberry Tarts are not far behind! Delicious	20 Beef Barley Soup	21 Mexican Bean Salad	22 Beef Stroganoff	23 Lemon Blueberry Cupcakes	24 Haddock Au Gratin	
	27 Italian Vegetable Soup	28 Tuna Macaroni Pea Salad	29 Asparagus Cashew Rice Pilaf	30 Sunshine Cookies	31 Scallop Scampi	

BACK TO SCHOOL!



EVERY WEEK:

Available on these days or by special order on other days
Larger quantities available – Please ask for a price list!

MONDAY

Meatloaf	
Dinner.....	8.95
Small Pan (serves 2-3).....	8.49
Medium Pan (serves 5-6).....	15.95
White or Anadama Breads	

TUESDAY

Chicken Enchiladas.....	8.49
Quiche 8" pie.....	10.95
By the slice.....	3.95
Quiche Crabmeat.....	15.95
By the slice.....	4.95
White, French & Shredded Wheat Breads	

WEDNESDAY

Turkey Pie by the slice.....	4.95
8" inch pie – Special Price.....	9.95
Dinner.....	8.95
All White Meat Chicken 8 inch Pie.....	11.95
Fruit Cup Special.....	3.75
White & Oatmeal Breads & Oatmeal Rolls	

THURSDAY

Lasagna single serving.....	6.95
Medium Pan (serves 3-5).....	17.95
Spaghetti & Meatball Specials.....	Ask us!
Spaghetti Dinner – Spaghetti w/Sauce, 2 Meatballs, Garden Salad, Roll & butter.....	7.95
Thursday Only Baked Meatball Sub.....	7.49
Garlic Sticks, Multi Grain, Lt Rye, White, Italian Breads	

FRIDAY

Crabmeat Roll.....	10.95
Baked Beans (pint).....	3.95
Chicken Enchiladas.....	8.49
White & Wheat Breads & Wheat Rolls	



Gluten Free, Sugar Free
& Spelt Products
Available!

WE DELIVER!

Salads

Pasta, Cole Slaw or Potato Salad.....	1/2 Pint.....	2.95
Pasta, Cole Slaw or Potato Salad.....	Pint.....	4.95
Hummus.....	1/2 Pint.....	4.95
Fresh Fruit Cup, 4oz.....		2.49
Fresh Fruit Cup, 8oz.....		3.95
Garden Salad Individual Serving.....		4.95
Greek, Chef, Chicken Caesar Salads Individual Serving.....		5.95
<i>Homemade Dressing: Light Caesar, French, Ranch, Oil & Vinegar</i>		
<i>Add on:</i>		
<i>Extra Dressing.....</i>		.55

Sandwiches

Meatloaf M/Tu/W.....	4.95
Ham, Egg, Tuna, or Turkey Salad.....	4.95
Sliced Turkey Breast.....	4.95
Sliced Ham.....	4.95
Sliced Roast Beef.....	4.95
BLT.....	4.95
<i>All sandwiches above can also be made as wraps.....</i>	
<i>Club (Ham, Turkey, Bacon & Cheese).....</i>	6.95
<i>Salami & Ham Fireball.....</i>	4.49
<i>Baked Meatball Sub (Thursdays only).....</i>	7.49
<i>Hot Pastrami.....</i>	5.49
<i>Grilled Cheese.....</i>	3.49
<i>With Tuna.....</i>	+1.75
<i>With Tomato & Sprouts.....</i>	+0.75
<i>With Ham.....</i>	+1.75
<i>Baked Bean (Friday & Saturday only).....</i>	3.95
<i>Peanut Butter & Jelly.....</i>	3.49
<i>Veggie Wrap.....</i>	7.49
<i>Veggie w/Avocado.....</i>	4.95
<i>Veggie w/ Hummus.....</i>	4.95
<i>We have boxed lunches featuring these great home styles</i>	
<i>Sandwiches, fresh fruit, chips and a cookie!</i>	
Breakfast Sandwiches: Served all day long!	
Egg & Cheese on Bulkie, English Muffin or Biscuit.....	2.95
Add Bacon, Ham, Sausage or Veggies.....	+1.75

Add on to sandwiches: Lettuce, Pickle, Cucumber, Carrot,
Green Pepper, Black Olives, Tomato, Sprouts, Onion or Cheese
.....No Charge

Add on to any salad or sandwich:

<i>Avocado, Sliced Meat, Salad Filling, Garlic Hummus, Bacon or Sausage.....</i>	Each...1.75
<i>On Bagel or Spelt Bread.....</i>	.75
<i>On Focaccia or Gluten Free Bread.....</i>	1.00
<i>On Croissant or Gluten Free Bulkie Roll.....</i>	1.25

Prices as of 7/18 and subject to change without notice
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