

# FRIDAY

## MARINATED SAGE & GARLIC TURKEY BREAST

Free-range turkey breast marinated with fresh sage & garlic

## MOLASSES GLAZED BBQ FLANK STEAK

Farm-raised flank steak grilled with a molasses barbecue sauce

## FARRO, CHERRY & WALNUT SALAD

Farro with cherries, celery and walnuts in a citrus dijon vinaigrette

## ROASTED EGGPLANT SALAD <sup>GF</sup>

Roasted eggplant with red & yellow peppers and balsamic vinaigrette

## GINGER GARLIC BROCCOLINI <sup>GF WW</sup>

Tender broccolini with fresh garlic, pickled ginger and crushed red pepper

## CHICKEN NOODLE SOUP <sup>LF WW</sup>

All-natural chicken breast with egg noodles, carrots and onion

## BARBARA'S SIRLOIN CHILI <sup>WW</sup>

Farm-raised flank steak with kidney beans, onions, tomato, garlic and jalapeno

## SPICY BAHAMIAN SEAFOOD CHOWDER <sup>WW</sup>

Mahi mahi and whitefish with coconut milk, bell peppers, potatoes and plantains

## FRENCH LENTIL SOUP <sup>GF LF WW</sup>

Lentil with fresh tomatoes, carrots, onions, celery and fresh herbs

## ADULT OREO COOKIES

Our homemade version of this classic American treat with housemade chocolate cookies and vanilla buttercream

**GF** Gluten Free - **LF** Low Fat - **WW** Weight Watchers