



WESLEY COMMONS

**CULINARY**

**MENUS & UPDATES**

JUNE 29-JULY 5



WE OFFER BLUE  
PLATE SPECIALS  
Lunch 11:30-1:00 pm  
Dinner 4:30-6:30 pm

# MENU

A LA CARTE  
Entree/L.S. \$3.00  
Veg/Starch \$1.00  
Baked/Sw. Pot \$1.00



## LUNCH

### Monday

Country fried steak w/ white gravy, \*cheddar  
mashed potatoes, \*green beans

*L.S. Grouper*

### Tuesday

\*Dijon & horseradish crusted salmon, \*sweet  
potato casserole, \*sauteed squash & zucchini

*L.S. Pork ribeye*

### Wednesday

Meatloaf w/ mushroom gravy, au gratin potatoes,  
\*stewed tomatoes & okra

*L.S. Salmon*

### Thursday

\*Mediterranean grouper (olive oil, lemon, garlic, &  
thyme), caper orzo, baked artichokes

*L.S. (4) grilled chicken tenders*

### Friday

Crab cake, \*wild rice, \*steamed broccoli &  
cauliflower

*L.S. Salmon*

### Saturday

Hamburger or pulled pork sandwich, \*vegetarian  
baked beans, \*corn on the cob

*L.S. (6) steamed shrimp*

### Sunday

Fried chicken (white or dark), or ham & Swiss  
crepes, \*sweet potato hash, squash casserole

*L.S. Grouper*

*Omelets: \$2.50 plus toppings, Pancake platter  
\$4.50 (Sundays, 11:30-1:30)*

**\*\*Low sodium may be substituted for daily  
protein\*\***

## Daily Soups

*\$1.75/\$3.00/\$6.00*

**Monday** -Chicken noodle(GF pasta available),  
Shrimp & corn bisque

**Tuesday** -Brunswick stew, Chicken & dumpling

**Wednesday** -\*Mediterranean vegetable, She  
crab

**Thursday** -Chicken tortilla, Stuffed baked potato

**Friday** -Lumberjack vegetable, Tomato basil

**Saturday** -\*Chili, Chicken & wild rice

**Sunday** -French onion, Broccoli & cheese

## DINNER

### Monday

Short ribs w/ demi-glace, \*herb roasted  
fingerling potatoes, \*buttered peas

*L.S. Grouper*

### Tuesday

Chicken parmesan over spaghetti, \*steamed  
carrots, \*balsamic asparagus, garlic toast (.50)

*L.S. Pork ribeye*

### Wednesday

\*Bratwurst w/ sauerkraut, \*roasted potatoes,  
\*German green beans

*L.S. Salmon*

### Thursday

\*Pork ribeye w/ apples, mashed potatoes &  
gravy, \*roasted brussels sprouts

*L.S. (4) grilled chicken tenders*

### Friday

Stuffed pasta shells w/ Alfredo sauce, \*Italian  
salad, \*steamed mixed vegetables

*L.S. Salmon*

### Saturday

BBQ chicken thighs, 3 cheese mac & cheese,  
\*Greek cucumber salad

*L.S. (6) steamed shrimp*

### Sunday

Coconut shrimp, \*yellow rice, plantains

*L.S. Grouper*

*Pancakes available Sunday dinner (4:30-6:30)*

## Featured Desserts

**Mississippi mud pie \$2.50**

**Strawberry swirl cheesecake \$2.50**

**Lemon meringue pie \$2.50**

**Ice cream scoop \$1.00** Peach, Moose tracks,  
Butter pecan, Vanilla, Chocolate

**\* denotes gluten free**

# Brook Bistro

MONDAY — SUNDAY from 11:30 AM - 2:00 PM, AND 4:00 PM - 6:30 PM

## SALADS

**House Salad\*** 1.75/3.25  
Spring mix, cucumber, tomato, & onion

### Choice of Dressings:

Greek, ranch, honey mustard, blue cheese, Italian, balsamic, raspberry, Caesar, 1000 island, oil & vin.

**Greek Salad\*** 2.50/4.50  
*Iceberg lettuce, cucumber, tomato, kalamata olives, feta cheese, Greek dressing*

**Caesar Salad** 2.00/3.50  
Romaine, parmesan cheese, croutons, Caesar

**Chicken Caesar Salad** 6.00  
Grilled chicken, romaine lettuce, parmesan cheese, croutons, Caesar dressing

**Asian Chicken Salad** 6.50  
Spring mix, tomatoes, onions, mandarin oranges, toasted almond slices, chow mien noodles, Asian dressing

**Sunshine Chicken Salad\*** 7.00  
Grilled chicken, raisins, mandarin oranges, almonds, poppyseed dressing

**Smoked Salmon Platter** 6.00  
*3 oz. smoked salmon, boiled egg, capers, red onions, herb cream cheese, bagel chips*

## FLATBREADS

**Cheese Flatbread** 5.00  
Marinara and mozzarella cheese

**Pepperoni Flatbread** 5.50  
Marinara, mozzarella cheese, and pepperoni

--NO add-ons at this time please--

## SANDWICHES AND WRAPS

**California Club\*\*** 7.00  
Sliced ham & turkey, avocado, Swiss cheese, bacon, lettuce, tomato, mayonnaise on toasted white bread

**Italian Sub** 6.50  
Salami, pepperoni, ham, provolone cheese, lettuce, tomato, and Italian dressing on a hoagie bun

**Caesar Chicken Wrap** 6.00  
Chicken, romaine lettuce, tomatoes, parmesan cheese, Caesar dressing in a spinach wrap

**BLT\*\*** 4.00  
4 pieces of bacon, lettuce, tomato, mayonnaise on your choice of toasted bread

**Chicken, Tuna, or Egg Salad Croissant\*\*** 4.00  
Lettuce & tomato

**Pimento Cheese Sandwich\*\*** 3.50  
On untoasted bread

**Build your Own Sandwich\*\*** 4.00  
Ham, turkey, or corned beef on white, wheat, rye, croissant or brioche bun. With lettuce and tomato

**1/2 Sandwich & Soup\*\*** 4.25  
BLT, chicken, tuna or egg salad & a cup of soup

**Tuna Melt\*\*** 4.50  
House made tuna salad & Swiss cheese on your choice of grilled bread

**Greek Melt(vegetarian)\*\*** 4.50  
Feta cheese, kalamata olives, roasted red pepper, mozzarella cheese, tzatziki sauce

<b>WC Burger**</b>	5.00
<i>Burger patty, lettuce, tomato, onion, on a Brioche bun</i>	
<b>Hamburger Patty (plain)*</b>	4.00
<b>1/8 lb. or 1/4 lb. Loaded Nathan's Hot Dog</b>	3.25/4.00
<i>Ketchup, mustard, onions, relish, &amp; chili available</i>	
<b>Corned Beef or Turkey Reuben**</b>	5.00
<b>Grilled Cheese Sandwich**</b>	2.25
<b>Cheese Quesadilla</b>	3.00
<b>Chicken &amp; Cheese Quesadilla</b>	4.50
<b>Grilled Chicken Breast*</b>	3.00
<b>Chicken Finger Platter</b>	4.50
<i>3 tenders, shoestring fries, slaw</i>	

#### SIDES

<b>Coleslaw or Potato Salad*</b>	1.00
<b>Baked or Sweet Potato*</b>	1.25
<b>Shoestring Fries or Sweet Potato Fries*</b>	1.25
<b>Onion Rings</b>	1.50
<b>Brown Rice*</b>	1.00
<b>Salad Feature</b>	1.25
<b>Fresh Seasonal Fruit*</b>	1.25
<b>Selection of Chips</b>	1.25
<b>Cottage Cheese* (add berries .50)</b>	1.25
<b>Applesauce*</b>	.50

#### BEVERAGES

<b>Canned Soda</b>	1.00
<b>Fountain Soda</b>	1.25
<b>Dunkin Donuts Iced Coffee</b>	3.25
<b>Bottled Water</b>	1.20
<b>Gatorade</b>	2.00
<b>Gold Peak Tea</b>	2.00
<b>Ensure</b>	2.00
<b>Milk</b>	1.00
<b>V8-can</b>	1.20

#### DESSERTS

<b>Assorted Cookies (1)</b>	1.25
<b>Fudge Brownie</b>	1.50
<b>Desserts of the Week</b>	2.50
<b>Ice Cream Bars/Cups</b>	1.50/1.00

\*\*Gluten free hamburger bun and sliced bread available upon request

\*Denotes gluten free item