

V Vegetarian Option

CRAWFORD DINNER WAG - Week 4

Contains Seafood

Contains Nuts

Brain Health

Saturday, 7/02/2022 — Friday, 7/08/2022

Contains Dairy

Gluten Free

Saturday, 7/02

Sunday, 7/03

Monday 4th of July

Tuesday, 7/05

Wednesday, 7/06

Thursday, 7/07

Friday, 7/08

**C
R
A
W
F
O
R
D**

**Dinner
Only**

Soups

Chicken Vegetable \$1.25
100 Cal./170 mg. Sod.

Pumpkin Bisque \$1.25
110 Cal./370 mg. Sod.

Salad of the Week

Italian Pasta \$1.90
170 Cal./180 mg. Sod.

Entrées

Sweet & Sour Pork \$6.50
360 Cal./280 mg. Sod.
**Served w/ Rice & 1 Side*

Meat Lasagna \$6.50
520 Cal./420 mg. Sod.

Soups

Chicken Vegetable \$1.25
100 Cal./170 mg. Sod.

Cauliflower \$1.25
130 Cal./ 850mg. Sod.

Salad of the Week

Italian Pasta \$1.90
170 Cal./180 mg. Sod.

Entrées

Buttermilk Pancakes \$4.60
100 Cal./230 mg. Sod.
**W/ Bacon OR Sausage and 1 Side*

Quiche Lorraine \$5.50
530 Cal./530 mg. Sod.

Chicken Oscar \$6.50
200 Cal./830 mg. Sod.

Soups

Smokehouse Chili \$1.25
Chilled Melon Soup \$1.25

Salad of the Day
Asparagus Salad \$1.90
Cole Slaw \$1.90
Garden Salad \$1.90

Entrées

BBQ Pulled Chicken Sandwich \$6.50
Baked Pork Ribs W/ BBQ Sauce \$7.00
Grilled Angus Hamburgers \$4.60

Veggie Burgers \$4.60

Sides

Creamy Mac & Cheese
Vegetarian Baked Beans
Corn on the Cob
Steamed Spinach

Soups

Chicken Vegetable \$1.25
100 Cal./170 mg. Sod.

Cuban Black Bean \$1.25
220 Cal./540 mg. Sod.

Salad of the Week

Italian Pasta \$1.90
170 Cal./180 mg. Sod.

Entrées

Herb Roasted Cornish Hen \$6.50
530 Cal./240 mg. Sod.

Fettucine Alfredo w/ Shrimp \$7.00
370 Cal./520 mg. Sod.
**Served w/ 1 Side*

Soups

Chicken Vegetable \$1.25
100 Cal./170 mg. Sod.

Cream of Broccoli \$1.25
160 Cal./190 mg. Sod.

Salad of the Week

Italian Pasta \$1.90
170 Cal./180 mg. Sod.

Entrées

Baked Ziti w/ Vegetables \$6.50
200 Cal./170 mg. Sod.
**Served w/ 1 Side*

BBQ Beef Brisket \$6.50
170 Cal./750 mg. Sod.

Soups

Chicken Vegetable \$1.25
100 Cal./170 mg. Sod.

Chicken Ditalini \$1.25
110 Cal./430 mg. Sod.

Salad of the Week

Italian Pasta \$1.90
170 Cal./180 mg. Sod.

Entrées

Grilled Flat Iron Steak \$6.50
210 Cal./120 mg. Sod.

Orange Salmon w/ Olives & Almonds \$7.75
200 Cal./810 mg. Sod.

Soups

Chicken Vegetable \$1.25
100 Cal./170 mg. Sod.

Minestrone \$1.25
110 Cal./470 mg. Sod.

Salad of the Week

Italian Pasta \$1.90
170 Cal./180 mg. Sod.

Entrées

Grilled Shrimp w/ Fried Rice \$7.00
50 Cal./370 mg. Sod.
**Served w/ 1 Side*

Beef Stew \$6.50
190 Cal./140 mg. Sod.

Entrées

Classic Burger \$4.60 (390 Cal./330 mg. Sod.)
Beef Tenderloin \$15.00 (320 Cal./310 mg. Sod.)
Plain Grilled Chicken Leg Quarter \$7.50 (165 Cal./69 mg. Sod.)
Asian Salmon Burger \$6.90 (340 Cal./590 mg. Sod.)
Grilled Salmon \$7.75 (180 Cal./75 mg. Sod.)
Chicken Wings \$6.90 (480 Cal./1730 mg. Sod.)

Gluten Free

Braised Short Ribs \$7.00
(700 Cal./770 mg. Sod.) **2 additional Sides*

Entrée Salad

Chicken Cobb Salad \$6.50
(Cal.550/1090 mg. Sod.)
Add Shrimp \$3.50
Mediterranean Barr \$6.50
(280 Cal./420 mg. Sod.)

Entrée Sandwich & Flatbreads

Fresh Mozzarella & Tomato on Focaccia \$4.60 (540 Cal./950 mg Sod.) **Served w/ 1 Side*
BBQ Chicken Flatbread \$6.50 (540 Cal./870 mg.) **Served w/ 1 Side*
Affordable Entree
BLT Sandwich \$5.00 (480 Cal./1060 mg. Sod.) **Served w/ 2 Sides*
Roasted Vegetable Flatbread \$6.50 (410 Cal./ 750 mg. Sod.) **Served w/ 1 Side*

Crawford Dining Room Hours:

Monday- Saturday 4:30 PM-6:30 PM
Sundays 11:30 AM-2:00 PM
Fourth of July 11:30 AM-2:00 PM
Podium:X4711

All menus are subject to change based on product availability.

Please Flip Over to see other Menu Offerings.

C
R
A
W
F
O
R
D

Dinner
Only

 **Vegetarian Option**

CRAWFORD DINNER WAG - Week 4

 **Contains Seafood**

 **Contains Nuts**


 **Brain Health**


 **Contains Dairy**



 **Gluten Free**

 **Daily Sides**

  California Mixed Vegetables
(40 Cal./45 mg. Sod.)

  Baby Bok Choy
(15 Cal./410 mg. Sod.)


 Fried Crispy Okra
(110 Cal./370 mg. Sod.)



  Braised Kale
(70 Cal./490 mg. Sod.)

 Grilled Portobello Mushrooms
(60 Cal./30 mg. Sod.)


Penne with Pesto Vegetables
(60 Cal./30 mg. Sod.)

Fried Rice
(100 Cal./240 mg. Sod.)

 French Fries
(190 Cal./3mg. Sod.)

  Side Salad
(10 Cal./0 mg. Sod.)

 Baked Potato
(110 Cal./5 mg. Sod.)

 Apple Sauce
(60 Cal./10 mg. Sod.)

  Fruit Salad
(50 Cal./10 mg. Sod.)

Beer & Wine Beverages

Sutter Home Chardonnay \$5.00

Sutter Home Merlot \$5.00



Sutter Home Pinot Grigio \$5.00


Sutter Home White Zinfandel \$4.00

Sam Adams Boston Lager \$6.00

Yuengling Black & Tan \$4.50

Additional Sides

  Sweet Potato Fries \$1.70
(350 Cal./370 mg. Sod.)

 Onion Rings \$1.70
(270 Cal./ 530 mg Sod.)

Desserts



Assorted Dessert \$2.05

Diet Dessert \$2.05

Ice Cream \$1.15

Cookies \$.75

Fruit Salad \$0.85



All menus are subject to change based on product availability.