



The Crave



OCTOBER 4 — 10 • 2021

Find the Food and Variety you are Looking for Inside...

Dining Venue Changes

Thank you for your patience, I just wanted to take some time to talk about restaurant openings or Lack thereof. The Bistro is open 7 days a week from 7:00AM - 7:00PM. Buckwald's is open Monday for lunch and then Tuesday through Saturday for both lunch and dinner. Both of these venues have full seating. We do ask that in order to plan staffing that you continue to make reservations for Buckwald's at dinner only. We are currently unable to open the bar 6 nights a week and we are also unable to open Elaine's Fine Dining at all. I am sure you have all heard about the national staffing issue. We simply cannot find quality people to take positions here on the Campus. We are especially short on cooks and dishwashers.

We are gaining on the front of the house staff and are not as short there as we have been but we are at least 6-8 hires away from being fully staffed. We certainly have made moves to be more competitive in the marketplace but it seems that more people have left the service industry all together and are now making their living in other industries. It may take some time to recover from this. I am sure your favorite restaurant now takes a little longer with your food and maybe has adjusted the days and hours they are open much as we have done. Thank you for your patience with us as we work toward full staffing and being completely open just as soon as we can.

Monday October 4th:

Be sure to wear your favorite football gear today!

Tuesday October 5th:

As we highlight our environment and community, wear the color green!

Wednesday October 6th:

Is that Elvis I see? Get in on the fun and dress up as your favorite celebrity!

Thursday October 7th:

Howdy Partner! Get suited and booted for our Western Dance Party later in the evening!

Friday October 8th:

With pride, wear Beatitudes gear to end the week!

ACTIVE AGING Week 2021

Bistro

PLAZA BISTRO DAILY FEATURES—CALL FOR PRICING: x12908

OPEN FOR LUNCH MONDAY—SATURDAY, 10:30AM—7PM AND SUNDAY FROM 11:30AM—7PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Soup: Santa Fe Chicken (188 cal) Entree: Battered Cod Tacos with Jicama Slaw (614 cal) Veg: California Blend Vegetables (107 cal)	Soup: Pasta Fagioli with Sausage (294 cal) Entree: Jumbo Stuffed Shells with Basil Cream Sauce (875 cal) Veg: Baked Zucchini with Tomatoes (144 cal)	Soup: Thai Chicken Noodle (315 cal) Entree: Bacon Wrapped Pork Tenderloin with Creamy Marsala and Roasted Red Potatoes (635 cal) Veg: Braised Collared Greens (124 cal)	Soup: Beef Noodle (168 cal) Entree: Linguine Alfredo with Italian Sausage (924 cal) Veg: Broccoli Au Gratin (212 cal)	Soup: Shrimp and Crab Bisque (318 cal) Entree: Burgundy Beef Stew with Mashed Potatoes (661 cal) Veg: Baby Carrots (83 cal)	Soup: Pork Posole (212 cal) Entree: Fried Chicken with Macaroni and Cheese (971 cal) Veg: Country Style Green Beans (109 cal)
SUNDAY					
Soup: Broccoli and Cheddar (341 cal) Veg: Sautéed Mushrooms (207 cal) Down Home Special: (\$6.99) Chicken Parmesan over Pasta, Garlic Broccoli and Toasted Italian Bread					

PLAZA BISTRO MENU: OCTOBER 4-10

DELIVERY & PRICING: x12908 | LUNCH/DINNER SERVED BETWEEN 10:30AM (SUNDAYS FROM 11:30AM) TO 7PM

SOUPS	ENTRÉE SALADS
<p>NEW CHILI CON CARNE 2.79cup (200 CAL)/3.49bowl (266 CAL)</p> <p>CLASSIC CHICKEN NOODLE 2.19cup (58 CAL)/2.99bowl (77 CAL)</p> <p>NEW SOUP DU JOUR (2.19cup/2.99bowl) (ASK FOR CAL COUNT) Made fresh daily by our chefs, ask for today's selection</p>	<p>6.69 ARIZONA CHICKEN & SPINACH (466 CAL) Fresh Baby Spinach Topped with Choice of Grilled Chicken Breast, Mushrooms, Candied Pecans, Raspberries, Apple and Raspberry Vinaigrette</p> <p>NEW 6.29 BLT PANZANELLA SALAD (557 CAL) Toasted Italian Bread tossed with Italian Dressing over Romaine Lettuce. topped with Tomato, Onion, Bacon and Parmesan</p>

SANDWICHES	
<p>4.59 HALF SANDWICH/CUP OF SOUP DU JOUR Choice of Smoked Turkey (128 CAL), Black Forest Ham (212 CAL), Tuna Salad (165 CAL) or Cranberry Chicken Salad (190 CAL) served with a Cup of Soup du Jour—<i>Make it a full sandwich for \$5.99. Gluten Free Bread Available</i></p> <p>3.29 GRILLED HOT DOG (374 CAL) All-Beef Frank served on a Bun; <i>Toppings: Onions, Chili, Cheese, Sauerkraut</i></p> <p>NEW 5.49 SHRIMP PO BOY (427 CAL) Seasoned Shrimp on a Sub Roll with Lettuce, Tomato and a Cajun Remoulade</p> <p>NEW 5.29 BLACKENED SHRIMP QUESADILLA (600 CAL) Blackened Shrimp, Bacon, Green Onion and Cheese on Flour Tortillas</p> <p>4.59 B.L.T (344 CAL) Toasted Wheat Bread with Crispy Bacon, Lettuce, Tomato and Mayonnaise—<i>Add Sliced Turkey or Black Forest Ham for \$1; Gluten Free Bread Available</i></p>	<p>4.29 MAKE YOUR OWN MELT (350 CAL) <i>Choice of:</i> Bread: Wheat, Sourdough, Whole Grain, Rye, Gluten Free Cheese: American, Cheddar, Provolone, Swiss or Pepper Jack Filling: Tuna (.50¢), Ham (.50¢), Turkey (.50¢), Tomato (.25¢)</p> <p>NEW 5.29 PESTO & MOZZARELLA MEATBALL PANINI (946 CAL) Italian Meatballs with Red Sauce, Mozzarella and Pesto on Grilled Cibatta Bread</p> <p>5.79 BEATITUDES BURGER 100% All Beef Patty served on a Kaiser Roll <i>All Burgers come with Lettuce (3 CAL), Tomatoes (7 CAL), Pickles (4 CAL), Onions (15 CAL) and choice of:</i> Patty: Beef (+390 CAL), Turkey (+289 CAL), Veggie (+140 CAL) or Charbroiled Chicken Breast (+194 CAL) Bun: Whole Wheat (+234 CAL), White Kaiser (+234 CAL), Gluten Free (+170 CAL) Cheese: American (+99 CAL), Swiss (+106 CAL), Cheddar (+114 CAL) or Blue Cheese (+100 CAL) <i>Additional Toppings are 50¢ each:</i> Toppings: Mushrooms (+8 CAL), Bacon (+88 CAL), Onions (+11 CAL), Avocado (+80 CAL) Sauces: Mayo (+50 CAL), Ketchup (+17 CAL), Mustard (+9 CAL)</p>

ENTRÉES	
<p>4.39 OMELET YOUR WAY (423 CAL) Two Egg Omelet with Your Choice of Vegetables, Meats and Cheeses—<i>build it your way!</i></p> <p>5.29 HALF ROASTED CHICKEN (300 CAL)</p> <p>NEW 5.79 CARVED PORK LOIN (278 CAL) Seasoned Pork Loin carved to order and served with Tarragon Cream Sauce</p> <p>NEW 5.79 ALL NEW "E-CREATIVE" STATION Build Your Calzone Bar - Ricotta Cheese, Mozzarella, Ham, Pepperoni, Broccoli, Sausage, Roasted Red Pepper, Mushrooms, Marinara Sauce</p>	<p>4.99 CHICKEN FINGERS (223 CAL) Chicken Tenderloins Coated in Bread Crumbs with choice of BBQ, Ranch or Honey Mustard Dipping Sauce</p> <p>4.79 CHEESE PIZZA (420 CAL) Traditional Crust Topped with Sauce and Mozzarella Cheese</p> <p>NEW 5.49 GREEK PIZZA (546 CAL) Red Sauce, Mozzarella Cheese, Kalamata Olives, Red Onion, Tomato and Feta Cheese</p> <p>NEW 6.29 GRILLED CATCH OF THE DAY (ASK FOR CALS) Ask a server for today's selection!</p> <p>NEW 5.99 ENTRÉE DU JOUR (ASK FOR CALS) Ask a server for today's selection!</p>

SIDES	
<p>Fresh Fruit Cup (104 CAL) 1.09</p> <p>Side Salad (32 CAL) 1.09 NEW</p> <p>Avocado (125 CAL) 89¢ NEW</p> <p>Green & Yellow Squash (194 CAL) 89¢</p> <p>Sautéed Spinach (134 CAL) 89¢</p> <p>Broccoli (105 CAL) 89¢</p>	<p>Steamed Carrots (54 CAL) 89¢</p> <p>Broccoli Salad (158 Cal) 89¢</p> <p>Garlicky Parmesan</p> <p>Sweet Potato (162 Cal) 89¢</p> <p>French Fries (252 CAL) 69¢</p> <p>Sweet Potato Fries (146 CAL) 89¢</p> <p>Plain (102 CAL) or Sweet (104 CAL)</p> <p>Baked Potato 89¢</p> <p>Onion Rings (257 CAL) 1.09</p> <p>Cornbread (240 CAL) 89¢</p> <p>Vegetable du Jour 89¢</p>



BUCKWALD'S LUNCH FEATURES—x16130

MENU FOR LUNCH ONLY—AVAILABLE MON-SAT, 11AM—2PM

DELIVERY AVAILABLE FOR \$2.00
SEE DINNER MENU BELOW LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Soup (\$2.09): Cream of Mushroom Entrées (\$4.89): Lemon Pepper Roasted Chicken Quarter OR Liver and Onions Sides: Scalloped Potatoes; Mashed Potatoes and Gravy; Summer Succotash; Fresh Braised Greens Dessert: Blueberry Pie	Soup (\$2.09): Turkey Rice Entrées (\$4.89): Root Beer Glazed Ham OR Maryland Crab Cake Sides: Macaroni & Cheese; Mashed Potatoes and Gravy; Roasted Brussel Sprouts; Stewed Tomato Dessert: Red Velvet Cake	Soup (\$2.09): Cream of Cauliflower Entrées (\$4.89): Garlic Herb Meatloaf OR Bratwurst with BBQ Onions Sides: Hot German Potato Salad; Mashed Potatoes and Gravy; Grilled Asparagus; Braised Red Cabbage Dessert: Layered Carrot Cake	Soup (\$2.09): Navy Bean Entrées (\$4.89): Grilled Skirt Steak with Chimichurri OR Braised Pork Sides: Oven Browned Potatoes; Mashed Potatoes and Gravy; Sautéed Spinach; Parmesan Tomato Dessert: Lemon Cream Cake	Soup (\$2.09): New England Clam Chowder Entrées (\$4.89): Honey Dijon Roasted Salmon OR Classic Chicken Cacciatore Sides: Lemon Rice with Mushrooms; Mashed Potatoes and Gravy; Broccoli; Grilled Zucchini Dessert: Pecan Pie	Soup (\$2.09): Italian Wedding Entrées (\$4.89): Vegetable Lasagna OR Roast Turkey with Gravy Sides: Roasted Herb Potatoes; Mashed Potatoes and Gravy; Wax Beans; Stir Fry Vegetables Dessert: Apple Pie

(Sugar Free & Gluten Free Available For ALL Desserts)

BUCKWALD'S DINNER SELECTIONS

AVAILABLE WEDNESDAY—SATURDAY, 4-7PM

SOUP

SOUP DU JOUR \$2.19—ask server for calories

House Made Featured Soup of the Day, Ask your server for today's selection

ENTRÉES & ENTRÉE SALADS

CHICKEN BACON RANCH SALAD \$6.99 (398 cal)

Leafy Greens with Cucumber, Tomato, Red Onion, Chicken, Bacon and Ranch Dressing

CAESAR SALAD \$3.59 (305 cal)

Chopped Romaine with Shredded Parmesan and Focaccia Croutons

Add Grilled Chicken—\$6.29 (+153 cal) | Add Grilled Shrimp—\$6.79 (+223 cal)

CAJUN PORK TENDERLOIN \$8.99 (312 cal)

Juicy Cajun Seasoned Pork Tenderloin wrapped in Crispy Bacon and Glazed in an Apricot Dijon Sauce

BASEBALL CUT TOP SIRLOIN \$12.99 (467 cal)

Char Broiled 8oz Center Cut Top Sirloin (called a baseball cut due to its rounded shape) served with optional Béarnaise or Brandy Peppercorn Sauce

GREEN CHILI & CHEESE CHICKEN \$8.99 (334 calories)

Topped with Diced Green Chile Peppers and Shredded Pepper Jack Cheese

BALSAMIC GLAZED STEAK \$11.99 (322 cal)

Strips of Sirloin, filled with Veggies and finished with a Rosemary Balsamic Glaze

CHEF'S SPECIALS

—The below Chef's Specials Available Wednesday-Saturday—

CHEF'S BLUE PLATE: GARLIC BEEF \$5.99 (320 cal)

Cubed Beef Tenderloin with Soy Sauce, fresh Lime Juice, Brown Sugar, Peanut Butter, Garlic, Onion and Scallions over Jasmine Rice

CHEF'S ACTION STATION: EGGPLANT MEATBALLS \$6.99 (389 cal)

Served with Chia Seeds, White Onion, Celery, Garlic, Italian Eggplant, Garbanzo Beans, and fresh Herbs, served with Marinara Sauce and Spaghetti



Green-shaded menu items change weekly!

CHEF'S CATCH

BLACKENED MAHI MAHI \$9.99 (209 calories)

Seared Mahi Mahi with Paprika, Garlic, Cumin, Cayenne Pepper, and Olive Oil

SEARED SALMON FILET \$9.99 (311 cal)

Seasoned & Seared served with a Lemon Basil Butter

THE LIGHTER SIDE

TUSCAN STYLE STUFFED MUSHROOMS \$6.99 (365 calories) **(GLUTEN FREE)**

Goat Cheese & Spinach Stuffed Portobello Mushrooms in a Creamy Sun Dried Tomato Sauce

CREAMY ARTICHOKE & PINE NUTS PASTA \$6.99 (439 cal)

Bow Tie Pasta with Artichoke Hearts, Crème Fraiche, Lemon & Parmesan Sauce, topped with Toasted Pine Nuts, Sweet Peas & Gluten Free Pasta,

Add Chicken, \$2.69 (153 cal) | Add Grilled Shrimp, \$3.19 (223 cal)

CREAMY SAUSAGE TORTELLINI \$8.99 (630 cal)

Italian Pork Sausage, Diced Tomatoes, Cheese Tortellini, Spinach, and Mozzarella Cheese

BUCKY'S BYO (BUILD-YOUR-OWN) STEAK BURGER

House Made Burgers Featuring Buckwald's Unique Blend of Premium Cuts of Short Rib, Brisket & Chuck, \$6.99

Choose Patty—Beef (406 calories), Turkey (240 calories) or Veggie (170 calories)

Choose Bun—Whole Wheat (250 calories), White Kaiser (266 calories), Gluten Free (232 calories)

Choose Cheese .50¢—American (47 calories), Swiss (52 calories), Cheddar (50 calories) or Blue Cheese (100 calories)

Choose Toppings .50¢—Mushrooms (28 calories), Bacon (112 calories), Onions (23 calories), Avocado (45 calories)

Choose Sauce—Mayo (34 calories), Ketchup (14 calories), Mustard (9 calories)

ALL BURGERS COME WITH LETTUCE, TOMATO, PICKLES AND ONIONS | ADDITIONAL TOPPING ARE .50¢ EACH

Burgers are cooked to 155°F internal temperature by Maricopa County Dept. of Health standards.

AVAILABLE SIDES

All Sides—\$1.09ea | Add Side Salad to any order for \$1.09

Onion Rings (299 cal) | Seasoned Fries (197 cal) | Creamy Garlic Parmesan Orzo (273 cal)

Corn & Zucchini Sauté (152 cal) | Grilled Asparagus (154 cal) | Red Wine & Garlic Mushrooms (61 cal)

Balsamic Roasted Beets (62 cal)

Chipotle Mashed Potatoes with Goat Cheese & Caramelized Shallots (123 cal)

Baked Potato (211 cal) | Baked Sweet Potato (99 cal)

**Health advisory: we choose to cook beef and lamb to order.*

Consuming raw or under cooked meats may increase your risk of food-borne illness.

TUESDAY PRIME RIB NIGHT

ENTRÉES:

Prime Rib \$12.99

Creamy Garlic Tuscan Chicken \$9.99

Sesame Lime Mahi-Mahi with Thai Peanut Sauce \$10.99

SIDES:

Caramelized Onion Mashed Potatoes; Pineapple-Lime Rice; Garlic Herb Roasted Fingerling Potatoes, Cinnamon Roasted Butternut Squash; Parmesan Baked Baby Zucchini; Roasted Cauliflower with Tahini and Fresh Mint

All Entrées come with your choice of 1 Starch & 1 Vegetable, Soup and Salad Bar.