

MENU CHOICES – 12/14/25

Lighter Fare

Quiche:* Broccoli and cheddar

Chicken Salad:** Traditional *or*
Waldorf – with apple, celery, raisins, walnuts *or*
Tarragon – with celery, grapes and pecans

**can substitute a tuna salad or egg salad

Mango chicken salad – with sliced, grilled chicken, diced mango, goat cheese, raisins, candied walnuts on mixed greens, with citrus vinaigrette

Salmon cobb salad – slow roasted salmon, tomato, egg, asparagus, avocado and crumbled goat cheese on spring greens with lemon vinaigrette

Roasted beet salad – with fennel, orange segments and ricotta on mixed greens, with balsamic syrup

Poached salmon with dill or horseradish sauce and cucumber and mint salad or giardiniera

Sicilian cauliflower and tuna salad – with chickpeas, roasted peppers, kalamata olives, red onion, sun-dried tomatoes, capers

Soup:* Salsa verde chicken soup *or*
Hearty vegetable
English pea with mint

Chili:* White (chicken)
Vegetarian pumpkin

*portion includes side salad and/or artisanal bread item as appropriate

Dinners

Chicken marsala – thin cutlets with mushrooms in a marsala wine sauce, served with parmesan-infused orzo and roasted broccoli

Grilled chicken sausage – served with roasted sweet potatoes and grilled zucchini

Pistachio-crusted salmon – served with veggie couscous and roasted brussels sprouts

Swordfish piccata – served with brown rice and roasted grape tomatoes

Beef pot roast – braised low and slow with carrots, onions and potatoes

Feta-stuffed lamb burger – served with lemon-roasted potatoes (or an onion roll or brioche bun) and roasted vegetables

Cheese blintz soufflé with blueberry coulis – served with fruit salad

Crispy quinoa latkes – served with caramelized onions and thyme-roasted carrots