

## MENU CHOICES – 2/1/26

### Lighter Fare

Quiche:\* Broccoli and cheddar

Chicken Salad:\*\* Traditional *or*  
Waldorf – with apple, celery, raisins, walnuts *or*  
Poppy seed – with celery, dried apricots, slivered almonds, scallion

\*\*can substitute a tuna salad or egg salad

Greek Salad – grilled chicken, tomatoes, cucumbers, bell peppers, feta cheese, kalamata olives and stuffed grape leaves on a bed of romaine, served with tzatziki dressing and pita chips

Taco salad – taco-seasoned ground beef with tomatoes, olives, onion, avocado, pickled jalapenos (optional) on romaine with sour cream, salsa and tortilla strips

Spinach caprese salad – with tomatoes, fresh mozzarella, marinated white beans, basil and balsamic vinaigrette

Poached salmon with dill or horseradish sauce and tomato salad or pickled beets

Pesto farro with chicken, smoked mozzarella and tomatoes

Soup:\* Chicken tortilla *or*  
Red lentil  
Butternut squash and apple

Chili:\* Beef  
Lentil (veg.)

\*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

Turkey meatballs in marinara sauce – served with cheesy polenta and roasted green beans

Salmon Milano – filet baked with pesto butter, served with herbed orzo and roasted grape tomatoes

Caesar-roasted cod – served with couscous and sautéed greens

Stir-fried beef with vegetables – served with rice (brown or cauliflower)

Picadillo – sweet and tangy Cuban ground beef casserole served with spaghetti squash or corn bake, and glazed carrots

Cheese blintz soufflé with blueberry coulis – served with fruit salad

Mushroom bourguignon – served with egg noodles (can be GF) and roasted broccolini