

MENU CHOICES – 2/15/26**Lighter Fare**

Quiche:* Asparagus

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

Grilled Chinese chicken salad – with snow peas, shredded cabbage, carrots, pea shoots, mandarin oranges, scallion and toasted sliced almonds, with a ginger dressing

Salmon tzatziki salad – slow-roasted salmon, tomato, cucumber, roasted bell pepper and kalamata olives on romaine, with tzatziki dressing

Antipasto salad (vegetarian) – with tortellini, grape tomatoes, fresh mozzarella, white beans, roasted peppers, celery, marinated artichokes, mushrooms, pepperoncini and olives on romaine, with Italian dressing

Poached salmon with dill or horseradish sauce and sunset slaw or giardiniera

Rainbow sesame noodles with chicken

Soup:* Mulligatawny *or*
Winter greens and beans *or*
Beet and apple

Chili:* White (chicken)
Black bean (veg)

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

Dinners

Baked Greek chicken -- (breast or thighs), served with roasted Yukon gold potatoes and green beans

Chicken tagine – with apricots, butternut squash and spinach, served with couscous

Horseradish-crusted salmon – served with roasted garlic mashed potatoes and roasted broccoli

Mediterranean baked cod – served with orzo risotto and roasted asparagus

Brisket – served with braised carrots, onions and mashed potatoes

Mexican lasagna – ground beef, sauce, corn tortillas, Mexican cheese blend, served with Mexican rice, guacamole and sour cream garnish

Braised tofu – with carrots, snow peas, shiitake mushrooms and scallions, served with jasmine (or cauliflower) rice

Vegetarian gumbo – served with sautéed corn or basmati rice