

MENU CHOICES – 3/22/26

Lighter Fare

Quiche:* Spinach

Chicken Salad:** Traditional *or*
Remoulade – with Granny Smith apple, celery root and fennel *or*
Mustard – with broccoli, red pepper, shallot

**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

Shrimp Louis salad – shrimp, avocado, tomato and eggs on romaine lettuce, with Louis dressing

Mediterranean salad – diced tomato, cucumber, bell peppers, chickpeas, red onion, kalamata olives and feta cheese with a lemony dressing

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

Tortellini pesto salad – cheese tortellini with broccoli florets, grape tomatoes, artichoke hearts, roasted peppers, sun-dried tomatoes and red onion (can be GF)

Soup:* Chicken wonton *or*
Broccoli and cheddar *or*
Mushroom barley

Chili:* Turkey
Sweet potato and black bean

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

Dinners

Marry Me chicken – sautéed chicken breast in a creamy sun-dried tomato sauce, served with pasta and roasted broccoli

Stir-fried lemon chicken – served with brown (or cauliflower) rice and sesame baby bok choy

Orange sesame ginger glazed salmon – served with jasmine rice and stir-fried snap peas

Herb-crusted cod – served with oven-roasted potatoes and quick-sautéed green beans

Individual meatloaf – served with mashed Yukon Gold potatoes and roasted brussels sprouts

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

Asparagus and leek frittata – served with roasted potatoes and fruit salad

Eggplant and chickpea tagine – served with cinnamon-scented couscous and Moroccan-style orange salad