

MENU CHOICES – 3/8/26**Lighter Fare**

Quiche:* Rainbow

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

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

Bagel salad – hot-smoked salmon, hard boiled egg, tomato, cucumber, red onion, “everything” cream cheese cubes and bagel croutons on romaine, with dijon vinaigrette

Tuscan kale salad – butternut squash, sultanas, apples, smoked almonds and cheddar, dressed with lemon juice and extra virgin olive oil

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

Pesto farro with chicken, smoked mozzarella and tomatoes

Soup:* Chicken tortilla *or*
Beet and apple *or*
Potato and leek

Chili:* Lamb and white bean
Sweet potato and black bean

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

Dinners

Chicken piccata – served with linguini and roasted broccolini

Cashew chicken ding with jicama, celery, and red bell pepper – served with forbidden (black) or cauliflower rice

Pistachio-crust salmon – served with veggie couscous and roasted green beans with shallots

Honey garlic shrimp – served with basmati (or cauliflower) rice and steamed broccoli

Shepherd’s pie – savory ground lamb and vegetables topped with buttery mashed potato crust

Picadillo – tangy Cuban ground beef casserole served with spaghetti squash or rice and glazed carrots

Lentil moussaka – saucy eggplant and lentil casserole, served with a side Moroccan orange salad

Loaded sweet potato – filled with black beans and cheddar, served with pico de gallo salad