

MENU CHOICES – 4/19/26

Lighter Fare

Quiche:* "Rainbow" (mixed veggies)

Chicken Salad:** Traditional *or*
New England – with cranberries, walnuts, celery *or*
Remoulade – with Granny Smith apple, celery root and fennel

**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

Steak salad – sliced, grilled steak, grape tomatoes, corn, and blue cheese on a bed of mixed greens, with sweet & sassy vinaigrette and crispy onion strings

Curried chickpea salad – with apple, celery, dates, cashew, scallion and coconut on a bed of baby spinach

Poached salmon with dill or horseradish sauce and hearts of palm salad or giardinera

Pesto farro with chicken, smoked mozzarella and tomatoes

Soup:* Lemon chicken orzo *or*
Smoky chickpea, red lentil and vegetable *or*
Butternut squash and apple

Chili:* Turkey
Sweet potato and black bean

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

Dinners

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

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

Miso salmon – served with seasoned Japanese rice and Asian slaw

Mustard-roasted cod – served with roasted potatoes and asparagus

Pineapple-grilled short ribs (flanken style) – served with coconut rice and roasted green beans with sliced almonds

Hoisin beef bowl – ground beef garnished with crunchy julienned fresh vegetables and cashews, served with brown rice and steamed broccoli

Mushroom bourguignon – served with egg noodles and roasted broccolini

Falafel (baked, GF) – with tahini sauce, tabouli and roasted pepper salad