

**MENU CHOICES – 5/10/26****Lighter Fare**

Quiche:\* Mushroom and leek

Chicken Salad:\*\* Traditional *or*  
Pesto – with celery, red pepper, onion, sun-dried tomato and pine nuts *or*  
Curried – with celery, apple, raisins and cashews

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

Grilled chicken Caesar salad – grilled chicken breast, grape tomatoes, croutons, and grated parmesan on romaine

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

Cherry pistachio crunch salad – with strawberries, dried cherries, crumbled goat cheese and pistachios on spring mix, with red wine vinaigrette

Poached salmon with dill or horseradish sauce and cucumber salad or dilled brussels sprouts

Five grain salad – wild rice, millet, amaranth, quinoa and brown rice with orange segments, fennel, radish, raisins and pecans with orange-herb vinaigrette

Soup:\* Mulligatawny *or*  
Carrot ginger *or*  
Smoky chickpea, red lentil and vegetable

Chili:\* White (chicken)  
Sweet potato and black bean

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

**Dinners**

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

Chicken fajitas – served with all the trimmings, Mexican rice and refried beans

Salmon teriyaki – served with basmati (or cauliflower) rice and roasted asparagus

Shrimp Saganaki – baked with tomatoes and feta, served with roasted potatoes and broccoli

Individual meatloaf – served with mashed potatoes and sautéed green beans

Corned beef hash – served with braised red cabbage

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

Crispy quinoa latkes – served with caramelized onions and roasted carrots