

## MENU CHOICES – 5/31/26

### Lighter Fare

- Quiche:\*                      Broccoli cheddar,  
Chicken Salad:\*\*          Traditional *or*  
   Pesto – with celery, red pepper, onion, sun-dried tomato and pine nuts *or*  
   Mustard – with broccoli, red pepper, shallot *or*

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

Rosemary chicken and peach salad – grilled chicken breast, sliced peaches, charred corn, avocado, red onion and slivered almonds on romaine, with creamy balsamic vinaigrette

Shrimp Louis salad – shrimp, tomato, avocado and hard boiled egg on romaine, with Louis dressing

Antipasto salad – with soppressata and prosciutto (or cheese tortellini for veg), 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 cucumber salad or pickled beets

Ramen salad – ramen noodles, broccoli, carrots, peas, corn, crispy tofu, red onion and sunflower seeds, with apple cider vinaigrette

Soup:\*                         Lemon chicken orzo *or*  
   Mushroom barley *or*  
   Curried parsnip

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

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

### Dinners

Crispy baked tomato oregano chicken – skinless, boneless breast or thigh, served with pearl couscous and sautéed greens

Stir-fried lemon chicken – served with brown (or cauliflower) rice and sautéed sugar snap peas

Slow-roasted salmon with mango salsa – served with basmati (or cauliflower) rice and roasted asparagus

Spice-rubbed grilled swordfish with pineapple salsa – served with brown (or cauliflower) rice and steamed broccoli

Oven-roasted tri-tip with chimichurri – served with smoky roasted potatoes and sautéed green beans

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

Quinoa melange stuffed bell peppers with creamy basil sauce – served with roasted grape tomatoes

Cheesy baked rigatoni with roasted vegetables – served with marinated artichoke hearts