

MENU CHOICES – 6/21/26

Lighter Fare

Quiche:* Broccoli and cheddar

Chicken Salad:** Traditional *or*
New England – with cranberries, walnuts, celery *or*
Pesto – with celery, red pepper, onion, sun-dried tomato and pine nuts

**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

Taco salad – taco-seasoned ground beef (or turkey) with tomatoes, olives, onion, avocado, shredded Mexican cheese and pickled jalapenos (optional) on romaine with sour cream, salsa and tortilla strips

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 with mint or giardiniera

California quinoa salad – with bell pepper, mango, raisins, edamame, almonds and more

Soup:* Mulligatawny *or*
Beet & apple (can be served hot or cold) *or*
Broccoli cheddar

Chili:* Beef
Vegetarian

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

Dinners

Roast chicken (white or dark meat) with carrots, dates and pistachios – served with couscous and roasted broccoli

Grilled chicken sausage – served with roasted garlic herb potato wedges and grilled vegetables

Salmon Milano – filet baked with pesto, served with herbed orzo and roasted grape tomatoes

Baked tilapia with cherry tomato olive sauce – served with lemony millet and roasted cauliflower

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

Barbecued baby-back ribs – served with roasted sweet potato wedges and coleslaw

Roasted eggplant parmesan – served with Tuscan artichoke salad

Corn cakes with chevre and roasted red pepper sauce – served with three-bean salad