

MENU CHOICES – 8/23/26

Lighter Fare

Quiche:*	Caramelized onion and mushroom
Chicken Salad:**	Traditional <i>or</i> Tarragon – with celery, grapes and pecans <i>or</i> Remoulade – with Granny Smith apple, celery root and fennel

**can substitute a tuna salad or egg salad

Moroccan chicken salad – grilled chicken breast, orange segments, chickpeas, olives and slivered almonds on mixed greens, with citrus-honey vinaigrette

Shrimp Louis salad – shrimp, avocado, tomato and eggs on romaine lettuce, with Louis dressing

Spinach caprese salad – with tomatoes, fresh mozzarella, marinated white beans, basil and balsamic vinaigrette

Poached salmon with dill or horseradish sauce and lentil tabouleh or dilled brussels sprouts

Potato salad and smoked trout, with horseradish and chives

Soup:*	Chicken tortilla <i>or</i> Smoky chickpea, red lentil and vegetable <i>or</i> Watermelon gazpacho
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Chili:*	Turkey Red lentil
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*portion includes side salad and/or artisanal bread item as appropriate

Dinners

Barbecued chicken (breast or thigh) – served with corn bake and grilled zucchini

Stir-fried lemon chicken – served with brown (or cauliflower) rice and sesame bok choy

Salmon teriyaki – served with basmati (or cauliflower) rice and sautéed sugar snap peas

Swordfish kebabs served with quinoa and sautéed greens

Individual meatloaf – served with mashed Yukon Gold potatoes and roasted broccoli

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

Crispy gnocchi with burst tomatoes and mozzarella – served with Tuscan artichoke salad

Roasted cauliflower “steaks” with romesco sauce – served with marinated chickpea and celery salad