

MENU CHOICES – 9/13/26

Lighter Fare

Quiche:* Broccoli and cheddar

Chicken Salad:** Traditional *or*
Waldorf – with apple, celery, raisins, walnuts *or*
Tarragon – with celery, grapes and pecans

**can substitute a tuna salad or egg salad

Chef salad – with smoked turkey, roast beef, egg, swiss cheese, tomato, cucumber and black olives on mixed greens, with vinaigrette or ranch dressing

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

Fresh peach salad – with gouda cheese and candied pecans on arugula, with red wine honey v inaigrette

Poached salmon – with dill or horseradish sauce and potato salad or pickled beets

Tortellini pesto salad – cheese tortellini with broccoli florets, grape tomatoes, artichoke hearts, roasted peppers, sun-dried tomato and red onion

Soup:* Mulligatawny *or*
Carrot and orange *or*
Green gazpacho (cool and refreshing; with grapes, cucumber, avocado, etc.)

Chili:* Turkey
Vegetarian pumpkin

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

Dinners

Greek turkey meatballs with creamy feta yogurt sauce – served with lemon orzo and roasted vegetable melange

Grilled chicken sausage – served with corn on the cob and grilled vegetables

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

Parmesan-crusted tilapia – served with rice pilaf and sautéed greens

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

Beef pot roast – braised low and slow with carrots, onions and potatoes

Cheese blintz soufflée with blueberry coulis – served with fruit salad

Ratatouille – served with cheesy polenta