

MENU CHOICES – 10/25/26

Lighter Fare

Quiche:* Rainbow

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

**can substitute a tuna salad or egg salad

Greek Salad – grilled chicken, tomatoes, cucumbers, bell peppers, feta cheese, kalamata olives and stuffed grape leaves on a bed of romaine, served with tzatziki dressing and pita chips

Steak salad – sliced, grilled steak, grape tomatoes, corn, and blue cheese on a bed of mixed greens, with sweet & sassy vinaigrette and crispy onion strings

Roasted cauliflower salad on peppery greens, with radishes, tart cherries, gruyere and toasted pepitas

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

Pesto farro with chicken, smoked mozzarella and grape tomatoes

Soup:* “Mom’s” chicken soup with noodles or matzo ball *or*
Broccoli cheddar *or*
Brazilian black bean

Chili:* Lamb and white bean
Vegetarian

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

Dinners

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

Rainbow stir-fried chicken – with veggies in all rainbow colors, served with brown (or cauliflower) rice

Citrus-baked salmon – served with veggie couscous and roasted broccolini

Creamy baked (white) fish on potato gratin – served with kale slaw

Brisket – served with braised carrots, onions and mashed potatoes

Oktoberfest! Oven-roasted bratwurst – served with apple and onion sauté, braised red cabbage and pumpernickel bread

Cheese blintz soufflé with blueberry coulis – served with fruit salad

Mushroom bourguignon – served with egg noodles (can be gf) and roasted grape tomatoes