

MENU CHOICES – 10/4/26

Lighter Fare

Quiche:*	Spinach
Chicken Salad:**	Traditional <i>or</i> Pesto – with celery, red pepper, onion, sun-dried tomato and pine nuts <i>or</i> Remoulade – with Granny Smith apple, celery root and fennel

**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

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

Berry spinach salad – fresh berries, goat cheese, pecans and red onion, with raspberry vinaigrette

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

Tuna-stuffed baked potato

Soup:*	Lemon chicken orzo <i>or</i> Smoky chickpea, red lentil and vegetable <i>or</i> Beet and apple (can be served hot or cold)
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Chili:*	Turkey Sweet potato and black bean
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*portion includes side salad and/or artisanal bread item as appropriate

Dinners

Bruschetta chicken – with farro and grilled zucchini

Turkey meatloaf – served with mashed potatoes and roasted green beans

Horseradish-crusted salmon – served with roasted garlic mashed potatoes and roasted broccolini

Mediterranean baked cod – served with orzo risotto and roasted asparagus

Stir-fried beef with broccoli – served with rice (brown or cauliflower)

Savory summer stew – beef kielbasa, carrots, corn-on-the-cob, cabbage, onions and new potatoes braised in apple cider, served with pumpernickel bread

Falafel (baked, GF) – with tahini sauce, tabouli (can be gluten free), and roasted pepper salad

Lemon ricotta pancakes – served with roasted berries