

MENU CHOICES – 6/19/22

Lighter Fare

Quiche*: Asparagus and leek

Chicken Salad:** Traditional *or*
Tarragon – with celery, grapes and pecans *or*
Oriental – with bok choy, bean sprouts, snow peas, carrots, water chestnuts and scallion

**can substitute a tuna salad or egg salad

Frittata*: Power greens

Moroccan chicken salad – grilled chicken breast, orange segments, chickpeas, olives on mixed greens, with vinaigrette

Thai beef salad – grilled flatiron steak, grape tomatoes, cucumber, red onion and herbs on artisanal romaine, with Thai dressing and peanut garnish

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

Poached salmon with dill or horseradish sauce and lentil 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:* Lemon chicken orzo *or*
Beet and apple (can be served hot or cold) *or*
Corn chowder

Chili:* Beef
Vegetarian

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

Dinners

Chicken Provencal – served with roasted potatoes and quick-sautéed green beans

Cashew chicken ding with jicama, celery, and red bell pepper – served with forbidden (black) or cauliflower rice

Salmon Milano – fillet baked with pesto butter, served with sweet corn and tomato salad and asparagus

Caesar-roasted cod – served with roasted potatoes and sautéed greens

Hoisin beef bowl – ground beef with brown rice, served with crunchy julienned fresh vegetable garnishes, cashews and steamed broccoli

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

Vegetable curry – butternut squash, cauliflower, tomatoes and more, served with basmati rice

Cheesy spinach manicotti (can be made gluten free) – served with slow-roasted Roma tomato half