

## MENU CHOICES – 9/11/22

### Lighter Fare

Quiche:\* Rainbow

Chicken Salad:\*\* Traditional *or*  
 Pesto – with celery, red pepper, onion, sun-dried tomato and pine nuts *or*  
 Korean – with green beans, red cabbage, cherry tomatoes, English cucumber and pine nuts

\*\*can substitute a tuna salad or egg salad

Frittata:\* Smoked salmon

Mango chicken salad – with sliced, grilled chicken, diced mango, goat cheese, raisins, candied walnuts on mixed greens, with mango vinaigrette

Nicoise salad – tuna, haricots verts, potatoes, tomatoes, hard-boiled egg, olives, and anchovies (optional) on a bed of mixed greens, with French vinaigrette

Roasted beet salad – with fennel, orange segments and ricotta on mixed greens with balsamic syrup

Poached salmon with dill or horseradish sauce and carrot slaw or pickled beets

Smoked trout and bean salad – with green and cannellini beans, cucumber, kalamata olives, red onion, fresh herbs and sunflower seeds, with a lemony vinaigrette

Soup:\* Lemon chicken orzo *or*  
 Fresh pea soup with mint *or*  
 Gingered carrot vichyssoise

Chili:\* White (chicken)  
 Sweet potato and black bean

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

### Dinners

Oven-roasted za'ataar chicken (breast or leg quarter) – served with corn bake and roasted broccoli

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

Orange sesame ginger glazed salmon – served with coconut rice and quick-sautéed sugar snap peas

Mustard-roasted cod – served with roasted potatoes and asparagus

Flatiron steak sauté with leeks and asparagus – served with lemony roasted potatoes

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

Eggplant, tomato and chickpea casserole – served with naan or black rice and sautéed green beans

Cornmeal pancakes with chèvre and red pepper sauce – served with fruit compote