

## MENU CHOICES – 11/20/22

### Lighter Fare

Quiche:\* Spinach

Chicken Salad:\*\* Traditional *or*  
New England – with cranberries, walnuts, celery *or*  
Mustard – with broccoli, red pepper, shallot

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

Frittata:\* Smoked salmon

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

Spinach caprese salad – with tomatoes, fresh mozzarella, chickpeas, basil and balsamic vinaigrette

Poached salmon with dill or horseradish sauce and pickled beets

Soup:\* Minestrone *or*  
Gingered carrot vichyssoise

Chili:\* Turkey  
Vegetarian

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

### Dinners

Lemon and lavender roasted chicken thighs – served with roasted potatoes and broccoli

Pistachio-crusting salmon – served with ancient grains and roasted green beans

Individual meatloaf – served with roasted potatoes and brussels sprouts

Baked ziti (meatless) – served with a side caprese salad