

MENU CHOICES – 1/22/23

Lighter Fare

Quiche:* Caramelized onion and mushroom

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

**can substitute a tuna salad or egg salad

Frittata:* Asparagus

Grilled Chinese chicken salad – with snow peas, shredded cabbage, carrots, bean sprouts, mandarin oranges, scallion and toasted sliced almonds, with a ginger dressing

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

Kale salad – Butternut squash, sultanas, apples, smoked almonds and cheddar, dressed with lemon juice and extra virgin olive oil

Poached salmon with dill or horseradish sauce and wheatberry salad or pickled beets

Tuna-stuffed baked potato

Soup:* Tortilla chicken *or*
Vegetarian hot and sour *or*
Winter greens and bean

Chili:* White (chicken)
Vegetarian black bean

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

Dinners

Kung pao chicken – served with brown (or cauliflower) rice and steamed broccoli

Turkey meatballs in marinara sauce – served with cheesy polenta and roasted green beans

Orange sesame ginger glazed salmon – served with jasmine rice and stir-fried baby bok choy

Swordfish piccata – served with roasted potatoes and grape tomatoes

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

Swedish meatballs – served with egg noodles and braised red cabbage

Quinoa-stuffed honeynut squash – served with waldorf salad

Roasted eggplant parmesan – served with garlic bread and a side garden salad