

**MENU CHOICES – 3/12/23****Lighter Fare**

Quiche:\* Caramelized onion and mushroom

Chicken Salad:\*\* Traditional *or*  
Curried – with celery, apple, raisins, cashews *or*  
Pesto – with celery, red pepper, onion, sun-dried tomato and pine nuts

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

Frittata:\* Asparagus and leek

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

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

Antipasto salad (vegetarian) – with tortellini, grape tomatoes, fresh mozzarella, white beans, roasted peppers, celery, marinated artichokes, mushrooms, pepperoncini and olives on romaine, with Italian dressing

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

Rainbow sesame noodles with chicken

Soup:\* Chicken with tortellini *or*  
Smoky chickpea, red lentil and vegetable *or*  
Winter greens and bean

Chili:\* Turkey  
Vegetarian black bean

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

**Dinners**

Char Siu chicken – savory-sweet grilled chicken thighs, served with corn bake and roasted broccoli

Lemon chicken – served with brown (or cauliflower) rice and stir-fried baby bok choy

Salmon Milano – fillet baked with pesto butter, served with herbed orzo and roasted grape tomatoes

Caesar-roasted cod – served with Israeli couscous and sautéed spinach

St. Paddy's special: Corned beef – served with colcannon potatoes, roasted carrots and cabbage

Spaghetti and meatballs - served with a side caprese salad

Pi Day special: Shepherd's pie (vegetarian) – savory mix of lentils, mushrooms and vegetables topped with buttery mashed potato crust

Cheese blintz soufflé with blueberry coulis – served with fruit salad