

MENU CHOICES – 5/21/23

Lighter Fare

Quiche:* Caramelized onion and mushroom

Chicken Salad:** Traditional *or*
Pesto – with celery, red pepper, onion, sun-dried tomato and pine nuts *or*
Tarragon – with celery, grapes and pecans

**can substitute a tuna salad or egg salad

Frittata:* Asparagus and leek

Greek Salad – grilled chicken, tomatoes, cucumbers, bell peppers, feta cheese, kalamata olives and stuffed grape leaves on a bed of romaine, with vinaigrette and pita chips

Bagel salad – hot-smoked salmon, hard boiled egg, tomato, cucumber, red onion, “everything” cream cheese cubes and bagel croutons on romaine, with dijon vinaigrette

Baby spinach and strawberry salad – goat cheese, pecans and red onion, with raspberry vinaigrette

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

Pesto farro with chicken, smoked mozzarella and grape tomatoes

Soup:* Chicken with noodles or matzo ball *or*
Fresh pea soup with mint *or*
Smoky chickpea, red lentil and vegetable

Chili:* Turkey
Vegetarian

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

Dinners

Oven-baked tandoori chicken – served with basmati rice and sautéed green beans

Oven roasted bbq chicken thighs – served with sweet potato wedges and cole slaw

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

Basil-rubbed white fish with puttanesca relish – served with pasta and roasted broccolini

Beef stew – slow-cooked with carrots, onions, fennel, potatoes and peas

Hoisin beef bowl – savory ground beef garnished with crunchy julienned fresh vegetables and cashews, served with brown rice and steamed broccoli

Baked potato with wild mushroom ragu – served with broccoli roast

Falafel (baked, GF) – with tahini sauce, tabouli (can be GF), and roasted pepper salad