



DINNER MENU

Week Of: October 10th – October 16th 2021

Entrée Only = \$3.00 OFF

SUNDAY. October 10th

STARTERS: Spaghetti Squash and Lentil Soup **Vg** or Garden Salad **Vg**

PROTEIN #1: *Apricot Glazed Salmon \$23

Marinated, Seared Salmon Glazed with an Apricot Sauce

PROTEIN #2: Chicken Wellington \$23

Chicken Breast Stuffed with Mushroom Duxelles, Wrap and Baked in a Puff Pastry

VEGAN OPTION: *Chick Pea and Vegetable Curry \$18 **Vg**

Chick Pea, Carrots, Baby Corn, Green Beans, Red Pepper Tossed in Coconut Curry Sauce

Daily Sides: Wild Rice Pilaf and Garden Mixed Vegetables (Peppers, Carrots, Broccoli & Parsnips) **Vg**

Dessert: Chocolate Brownie or Fruit Cup

MONDAY, October 11th

STARTERS: Potato Leek Soup **Vg** or Garden Salad with Apple Jicama Slaw **Vg**

PROTEIN #1: * BBQ Beef Tips \$23

Beef Tips Smoke Flavored and Served with a Sweet Tangy BBQ Sauce

PROTEIN #2: Caribbean Tuna Tacos \$23

Build your Own with Seasoned Tuna, Flour Tortillas, Served with Tropical Salsa and Guacamole

VEGAN OPTION: Tempeh Stuffed Zucchini Boats \$18

Stuffed Zucchini with Sautéed Onions, Carrots, Celery and Tempeh Braised in a Tomato Sauce

Daily Sides: O'Brien Potatoes & Rainbow Vegetables (Bell Peppers, Asparagus, Radishes & Jicama) **Vg**

Dessert: Carrot Cake or Fruit Cup

TUESDAY. October 12th

STARTERS: Coconut Yam Soup **Vg** or Garden Salad **Vg**

PROTEIN #1: Herb Roasted Turkey \$23

Herb Roasted Turkey with Traditional Bread Stuffing and Sage Gravy

PROTEIN #2: *Beef Cacciatore \$23

Braised Beef Medallions with Peppers, Onions, Capers, in a Rustic Tomato Sauce

VEGAN OPTION: Vegan Cutlet \$19 **Vg**

Breaded and Baked Soy Base Cutlet Served with a Pesto Marinara

Daily Sides: Mashed Potatoes & Sugar Snap Peas with Pearl Onions **Vg**

Dessert: Chocolate Macaroons or Fruit Cup

WEDNESDAY. October 13th

STARTERS: Hearty Beef and Vegetable Soup Vg  or Garden Salad with Toasted Pecan Vg

PROTEIN #1: *Rosemary Beef Stew \$23


Tender Beef Cooked in a Rich Beef Demi, with Pearl Onions, Potatoes and Carrots Seasoned with Fresh Herbs

PROTEIN #2: Lemon Thyme Chicken Quarter \$21

Herb Roasted White and Dark Meat with Lemon Thyme Gravy



VEGAN OPTION: Veggie Quesadillas \$17 Vg

Seared Flour Tortilla with Peppers, Onion, Black Bean, Sliced Avocado, Vegan Cheese and Tomato Salsa

Daily Sides: Almandine Couscous & California Vegetables (Cauliflower, Carrots, Lima Beans, & Yellow Wax Beans Vg) 

Dessert: Chocolate Chip Cookie or Fruit Cup 

THURSDAY. October 14th

STARTERS: Lemon Orzo and Vegetable Soup Vg  or Garden Salad Vg 

PROTEIN #1: Seared Black Bass  \$27


Herb Marinated Black Bass served with a White Wine and Apple Vinaigrette


PROTEIN #2: Chicken Kiev \$22

Breaded and Fried Chicken Breast Stuffed with Garlic Margarine

VEGAN OPTION: *Vegetable Quinoa Paella \$ 18

Sautéed Vegetables, with Quinoa, Garden Peas, Cooked in a Turmeric and Paprika Broth

Daily Sides: Scallion Jasmine Rice & Vegetable Ratatouille (Zucchini, Squash, Onions, Red Bell Pepper & Diced Tomato) Vg 

Dessert: Strawberry Rhubarb Trifle or Fruit Cup 

FRIDAY. October 15th Shabbat

STARTERS: Chicken Matzo Soup or Gefilte Fish

PROTEIN #1: Braised Beef Brisket \$23

Beef Brisket Slowly Cooked in a Red Wine Sauce


PROTEIN #2: *Cod Puttanesca \$24 

Baked Fresh Cod Topped with Olives, Capers, Anchovies, Diced Tomato and Fresh Herbs

VEGAN OPTION: Maple Squash with Brussel Slaw Vg \$18

Roasted Butternut Squash Spears with Medley of Beans, Ginger and Scallions. Finished with a Colorful Brussel Sprout and Pomegranate Slaw and a Drizzle of Maple Syrup

Daily Sides: Roasted Russet Baby Potatoes  & Sautéed Haricot Vert Vg

Dessert: Chocolate Jelly Roll or Fruit Cup 

SATURDAY, October 16th

Nosh Closed

V=Vegetarian Vg=Vegan  = Heart Healthy

Consuming raw or undercooked meat, fish, poultry, or eggs can increase your risk of a food borne illness.

Please notify your server in advance of any food allergies you may have.

* Denotes menu items that are unable to be sauce on side due to the cooking method.