



DINNER MENU
Week Of: July 25th – July 31st 2021

Entrée Course Only
\$3 Off

SUNDAY, July 25th SALAD BAR

STARTERS: Manhattan Fish Chowder

PROTEIN #1: *Herb Marinated Grilled Salmon \$ 23

PROTEIN #2: Rosemary Marinated Grilled Chicken \$21

VEGAN OPTION: Crispy Falafel Balls with Pickled Lemon Relish \$18 Vg

Salad Plate: Iceberg or Romaine or Spinach Lettuce

Build your own: Diced Cucumber, Sliced Red Onion, Cherry Tomato, Mixed Bell Peppers, Shredded Carrots, Sliced Avocado

Add-ons: pick 4 toppings Pepperocino, Stuffed Grape Leaves, Pasta Salad, Sliced Eggs, Pickled Beets, Jicama Coconut Slaw, Roasted Broccoli Salad, Quinoa Salad, Mixed Bean Salad, Crispy Noodles

Caddie: Spice Walnuts, Toasted Almonds, Dried Cranberries, Sunflower Seeds, Flax Seeds

Choice of Dressing: Balsamic or Lite Italian or Raspberry or Honey Mustard

Dessert: Assorted Mini Pastry or Fruit Cup or Whole Fruit of the Week

MONDAY, July 26th

STARTERS:

Vegetable Ginger and Noodle Soup Vg or Garden Salad with Toasted Pecan Vg

PROTEIN #1: *General T 'so Chicken \$23

Fried Tempura Chicken Breast Bites Tossed in General T 'so Sauce

PROTEIN #2: Mediterranean Haddock \$24

Fresh Baked Haddock in a Tomato, Capers & Olive Sauce

VEGAN OPTION: Far East Dumplings \$18 Vg

Seasoned Vegetables and Tofu Stuffed Dumplings with Oriental Sauce

Daily Sides: Steamed Brown Rice & Steamed Haricot Vert with Baby Carrots

Dessert: Double Chocolate Cake or Fruit Cup Whole Fruit of the Week

TUESDAY, July 27th

STARTERS:

Beef Barley Soup Vg or Garden Salad Vg

PROTEIN #1: Herb Roasted Turkey \$23

Herb Roasted Turkey with Traditional Bread Stuffing and Sage Gravy

PROTEIN #2: Lemon Thyme Halibut \$24

Fresh Lemon Thyme Marinated Halibut Seared and Served with a Roasted Peach Salsa

VEGAN OPTION: Vegetable Tempeh Stuffed Pepper \$19 Vg

Halved Stuffed Pepper, Filled with Tempeh, Mixed Beans, and Vegetables with Plum Tomato Sauce

Daily Sides: Mashed Potatoes & Steamed Broccoli and Red Pepper Vg

Dessert: Raspberry Short Cake or Fruit Cup Whole Fruit of the Week

WEDNESDAY, July 28th

STARTERS:

Beet and Cabbage Soup **Vg**  or Garden Salad with Pickled Radishes **Vg** 

PROTEIN #1: *Lamb Tagine **\$22**

Slow Cooked Ground Lamb Meatballs Braised with Artichokes and Beans

PROTEIN #2: Citrus Wings **\$21**

Citrus Marinated Chicken Wings, Grilled then Tossed With a Soy Bourbon Sauce

VEGAN OPTION: Vegan Shepherd's Pie **\$18** **Vg**

Ground Impossible Meat, Lentils & Sautéed Mixed Vegetables,
Topped and Baked with Mashed Butternut Squash

Daily Sides: Pesto Yukon Roasted Potato & Peas and Carrots 

Dessert: Chocolate Walnut Pie or Fruit Cup  Whole Fruit of the Week 

THURSDAY, July 29th *BBQ Thursday*

STARTERS:

Chilled Peach and Coconut Soup  or Garden Salad **Vg** 

PROTEIN #1: Herb Marinated Salmon **\$23**

Fresh Herb Marinated Salmon Grilled and Served with Smoky Pineapple Salsa

PROTEIN #2: Turkey Burger **\$21**

Grilled Turkey Patty Served with Lettuce, Tomato, Red Onion, and Cranberry Chutney

VEGAN OPTION: Tofu Caprese **\$18** **Vg**

Grilled Tofu, Red Onion, and Cherry Tomato Drizzled with Balsamic Reduction and Basil Chips

Daily Sides: Corn on the Cobb & Orange Kohlrabi Slaw 

Dessert: Strawberry Vanilla Trifle or Fruit Cup  Whole Fruit of the Week 

FRIDAY, July 30th *Shabbat*

STARTERS: Chicken Matzo Soup or Gefilte Fish

PROTEIN #1: *Brisket with Pearl Onion and Fig Demi **\$23**

Beef Brisket Slowly Cooked in a Pearl Onion and Fig Demi

PROTEIN #2: *Artichoke Chicken **\$23** 

Herb Marinated Seared Chicken Breast Braised in an Artichokes and Olives Sauce

VEGAN OPTION: Eggplant Napoleon **\$19** **Vg** 

Breaded Eggplant Stack with Sliced Tomato, Summer Squash, Spinach, Vegan Cheese, and Red Pepper Sauce

Daily Sides: Rosemary Fingerling Potato & Italian Squash Medley 

Dessert: Apple Strudel or Fruit Cup 

SATURDAY, July 31st

Nosh Closed for Dinner service

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.