

**Dinner Choices for the week of  
Sunday, 07/3/2022 to  
Saturday, 07/9/2022**



**Lighter Fare Menu Options  
Entrée Course Only (\$4 off)**

**Centro Online Dinner Order Link: <https://forms.gle/prmUx3ZqthxgxNheA>**

**Centro Reservation Link: <https://book.easytablebooking.com/book/?id=2ed05&lang=us>**

**SUNDAY JULY 3<sup>RD</sup>      CLOSED**

**MONDAY JULY 4<sup>TH</sup>**

Clam Chowder or Watermelon and Feta Salad over Arugula with Red Onions and Balsamic Vinaigrette **V**

**SMOTHERED FILET MIGNON \$31**

**Seared Tenderloin Filet Topped with Grilled Onions and Blue Cheese Crumble**

**\*HOISIN BBQ GRILLED CHICKEN \$26**

**Boneless Grilled Chicken Thighs Brushed Hoisin BBQ Sauce Served over Bok Choy and Garnished with Toasted Sesame Seeds**

**\*SEAFOOD ROLL \$28**

**A Seafood Salad Composed of Lobster Meat, Lump Crabmeat, and Shrimp on a Toasted Brioche Roll**

**SOUTHWESTERN VEGETABLE BURGER V \$20**

**Boca Vegetable Burger Topped with Pepper Jack Cheese, Guacamole with a Roasted Corn Salsa on a Chia Roll**

**Daily Sides: Corn on the Cob V GF and Grilled Asparagus Vg GF**

**Dessert: Patriotic Cupcake or Sugar Free Blueberry Pie with Whipped Cream or Fruit Cup**

**TUESDAY JULY 5<sup>TH</sup>**

Potato Leek Soup **Vg** or NBOC Chopped Salad with Italian Vinaigrette **V**

**BEEF AND LAMB MEATLOAF \$24**

**A Meatloaf Mix of Ground Beef and Lamb with a Seasoned Gravy**

**\*CHICKEN MARSALA \$26**

**Floured Chicken Breast Pan Seared and Cooked in a Mushroom Marsala Wine Sauce**

**BAKED TROUT \$28 GF**

**Fresh Rainbow Trout Seared, Topped & Lemon Flavored Rainbow Vegetables**

**SPINACH ARTICHOKE MUSHROOMS V \$20**

**Twin Spinach and Artichoke Stuffed Portobello Mushrooms Topped with Seasoned Crumbs with a White Truffle Cream Sauce**

**Daily Sides: Sweet Potato Puree V GF and Steamed Garden Peas Vg GF**

**Dessert: Warm Bread Pudding with Banana Foster Sauce or Sugar Free Pistachio Chocolate Blondie or**

**Fruit Cup**

**WEDNESDAY JULY 6<sup>TH</sup>**

Shrimp and Bok Choy Soup or Iceberg Lettuce and Mixed Greens with Chickpeas, Golden Raisins, Yellow and

**Red Cherry Tomatoes Served with Basil Vinaigrette Vg**

**\*BEEF ENCHILADAS \$24**

**Our Prime Beef with Caramelized Onions, Jack and Gouda Cheese Blend Rolled in Corn Tortillas and Served with Fire Roasted Tomato Sauce and a Side of Guacamole**

**MUSTARD CRUSTED CHICKEN \$26**

**Fresh Chicken Breast Marinated in Three Mustard Sauce Coated with Panko Crumbs, Seared and Baked Served with Lemon**

**\*NEW ENGLAND BAKED COD \$28**

**Fresh Local Cod Baked with Ritz Crumb Topping and Lemon**

**MANICOTTI BOLOGNESE V \$20**

**Cheese Stuffed Manicotti with a Wild Mushroom Bolognese Sauce and Grated Parmesan Cheese**

**Daily Sides: Fresh Herbed Brown Rice Pilaf Vg and Steamed Broccoli Vg GF**

**Dessert: Peach Blueberry Greek Yogurt Cake or Sugar Free Chocolate Brownie or Fruit Cup**

**V=Vegetarian    Vg=Vegan    =Heart Healthy    GF=Gluten Friendly**

**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.**

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**THURSDAY JULY 7<sup>TH</sup>**

Beef, Pepper, and Rice Soup or Israeli Salad over a Bed of Romaine with a Cider Vinaigrette **Vg**

**VEAL OSCAR** \$34

**Tender Pan Seared Veal Served with Asparagus, Crabmeat and Finished with Hollandaise Sauce**

**\*LEMON CHICKEN OSSO BUCO** \$26 **GF**

**Twin Bone in Skin on Trimmed Chicken Drumsticks Slow Cooked in a Lemon Garlic Sauce**

**SHRIMP AND SCALLOP PRIMAVERA** \$31 **GF**

**Shrimp and Scallops Sautéed with Mushrooms, Tomato, Baby Spinach and Tossed with EVO Oil, Basil and Garlic**

**Eggplant Lasagna** **V** \$20

**Crispy Breaded Eggplant Cutlets Layered with Ricotta Cheese, Mozzarella Cheese, and Parmesan Cheese with NBOC Tomato Sauce**

**Daily Sides:** Buttered Egg Noodles **V** and Creamed Spinach **V GF**

**Dessert: Strawberry Rhubarb Pie with Whipped Cream or Sugar Free Carrot Cake or Fruit Cup** 

**FRIDAY JULY 8<sup>TH</sup>**

**Chicken Noodle Soup** **Vg** or **Caesar Salad**

**TENDERLOIN of BEEF** \$31 **GF**

**Slow Roasted and Hand Carved Served with Red Wine Jus**

**\*CHICKEN CORDON BLEU** \$28

**Breaded Chicken Breast Stuffed with Turkey Ham and Swiss Cheese Served with a Chardonnay Supreme Sauce**

**HERBED BAKED SEA BASS**  \$34 **GF**

**Fresh Sea Bass Baked with Fresh Herbs and Served with Lemon Aioli**

**VEGETARIAN CABBAGE ROLLS** **V** \$20 **GF**

**Braised Cabbage Rolls Filled with Onion, Mixed Mushrooms, Red Bell Peppers, Zucchini, Garlic Fresh Herbs and Gouda Cheese Served with Tomato Sauce**

**Daily Sides:** Scallion Mashed Potatoes **V** and Roasted Green Beans with Yellow Bell Pepper **Vg**  **GF** 

**Dessert: Orange Blossom Torte with Mascarpone Cheese or Sugar Free Tiramisu or Fruit Cup** 

**SATURDAY JULY 9<sup>TH</sup>**

**Chilled Borscht with Sour Cream and Chive Garnish or Grilled Vegetable Salad with Baby Greens and Citrus Vinaigrette** **Vg**  **GF**

**BRAISED LEG OF LAMB** \$29 **GF**

**Slow Cooked Boneless Leg of Lamb with Rosemary Red Wine Sauce**

**\*ARTICHOKE AND OLIVE CHICKEN TAGINE**  \$24 **GF**

**Skinless and Boneless Chicken Thighs Slow Cooked in Stock of Moroccan Spices, Pickled Lemons, Artichokes, and Green Olives**

**BAKED HADDOCK** \$28 **GF**

**Fresh Herb Marinated Haddock Oven Roasted and Served with Dill Hollandaise**

**VEGETABLE PAELLA** **Vg**  \$20

**A One Pot Dish with Green Peas, Turmeric Rice, Red Peppers, Green Beans, and Kidney Beans**

**Daily Sides:** Tzimmes **V GF** and Lemon Garlic Swiss Chard **Vg**  **GF**

**Dessert: Coconut Macaroons or Sugar Free Lemon Almond Cake or Fruit Cup** 

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