

**Dinner Choices for the week of  
Monday, 09/12/2021 to  
Saturday, 09/18/2021**



**Lighter Fare Menu Options**

**Entrée Course Only (\$3 off)**

**Or**

**Entrée-Size Salad of the Day**

*with Chicken \$12 with Salmon \$16*  
options available on weekly order form

**SUNDAY SEPTEMBER 12TH**      **CLOSED**

**MONDAY SEPTEMBER 13TH**

Turkey a la King Soup (Shredded Turkey Meat, Mushrooms, Rice, Broth, Onions, Celery, Carrots, Light Cream) or

Spinach with Toasted Almonds, Blue Cheese, Red Onion, Dried Cranberries & Poppy Seed Dressing **V**

**MEDITERRANEAN STEAK TIPS \$24**

Grilled Prime Steak Tips Marinated in Fresh Herbs, Grilled & Smothered with Bell Peppers, Artichoke Hearts, Sundried Tomato & Served with Greek Yogurt Sauce

\*CHICKEN MONTEREY \$23

Grilled Chicken Breast with Tomato Salsa and Melted Jack Cheese

\*ZESTY CHIVE POACHED COD \$24

Fresh Local Cod Poached in Orange Juice and White Wine Garnished with Lemon Zest and Fresh Chive

**PIEROGI WITH GARLIC SAUCE V \$18**

Potato and Cheese Filled Pierogis Tossed with Olive Oil & Whole Roasted Garlic

Daily Sides: Corn on the Cob **Vg** & Braised Green Cabbage with Mushrooms & Onions **Vg**

Dessert: Strawberry Cheesecake with Berry Sauce or Sugar Free Vanilla Mousse or Fruit Cup or Fruit of the Week

**TUESDAY SEPTEMBER 14TH**

Mushroom & Potato Soup **Vg** or Summer Salad of Iceberg Lettuce & Kale with Sunflower Seeds, Radishes, Yellow and Red Cherry Tomatoes Served with Basil Vinaigrette **Vg**

**BEEF & LAMB MEATLOAF \$22**

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

\*CHICKEN MARSALA \$23

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

**RAINBOW TROUT \$25**

Fresh Rainbow Trout Seared and Served with Romesco Sauce (*chilled tomato based sauce with roasted tomatoes, toasted almonds, Red peppers, garlic and olive oil*)

**WILD MUSHROOM RAVIOLI V \$19**

Wild Mushroom Filled Ravioli with Wilted Spinach and Brandy Cream Sauce

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

Dessert: Philly Cream Cheese Pound Cake with Berry Sauce or Sugar Free Pistachio Chocolate Blondie or

Fruit Cup or Fruit of the Week

**WEDNESDAY SEPTEMBER 15TH *EREV YOM KIPPUR***

Chicken Matzo Soup or NBOC Chopped Salad with Italian Vinaigrette **V**

\*BROWN SUGAR LONDON BROIL \$24

Sweet Crusted Sirloin Flank Steak, Grilled, Hand Carved & Served with Chocolate Demi Glace

**ROASTED TURKEY BREAST \$23**

Herbed Marinated, Slow Roasted & Hand Carved Turkey Breast with Stuffing and Sage Gravy

\*RITZ CRUMBLED BAKED HADDOCK WITH LEMON \$24

Fresh Local Haddock Baked with Ritz Crumb and Lemon

OVEN BAKED ROSEMARY VEGETABLE TARTAN **V** \$19

Sliced Zucchini, Pepper, Eggplant, Onion, Tofu and Fresh Mozzarella Marinated with a Rosemary Vinaigrette

Daily Sides: Mash Potato and Steamed Broccoli **Vg**

Dessert: Honey Cake or Sugar Free Almond Macaroon or Fruit Cup or Fruit of the Week



### THURSDAY SEPTEMBER 16th **BREAK-THE-FAST** Dairy Meal

Butternut Squash Soup **Vg** or Caesar Salad

SMOKED SALMON QUICHE \$19

Buttered Pastry Crust Filled with Smoked Atlantic Salmon, Creamy Egg Custard, Capers, Red Onion, Tomato, Goat Cheese & Dill

SWEET CRUSTED SALMON \$24

Fresh Atlantic Salmon Topped with a Savory Cranberry Herb Mix and Baked to Perfection

EGGPLANT NAPOLEON **V** \$19

Breaded Eggplant Stacked with Grilled Green Pepper, Sliced Tomato, Fresh Mozzarella & Served with Rustic Tomato Sauce

Daily Sides: Noodle Kugel **V** & Roasted Fall Vegetables **Vg**

Dessert: Assorted Pastries or Sugar Free Carrot Cake or Fruit Cup or Fruit of the Week

### FRIDAY SEPTEMBER 17th

Vegetable Noodle Soup **Vg** or Iceberg Romaine Lettuce with Feta Cheese, Pomegranate Seed, Red Onion, Walnut, & Cider Vinaigrette **V**

ROSEMARY GRILLED LAMB CHOPS \$27

Rosemary Marinated Lamb Chops Grilled and Served with Demi & Mint Jelly

\*HONEY ORANGE HALF CHICKEN \$23

Roasted Half Chicken Glazed with Honey Orange Sauce

SEARED CHILEAN SEA BASS \$25

Fresh Sea Bass Seared & Served with Broccoli Citrus Slaw

\*TUSCAN GNOCCHI **V** \$18

Potato Gnocchi with Kale Pesto, Fresh Mozzarella, Roasted Red Pepper and Fresh Basil

Daily Sides: Potato Pancakes and Steamed Seasonal Mixed Vegetable (broccoli, red onion, peppers, brussel sprout) **Vg**

Dessert: Cappuccino Almond Biscotti or Sugar Free Vanilla Layer Cake or Fruit Cup or Fruit of the Week

### SATURDAY SEPTEMBER 18th

Watermelon Gazpacho **Vg** or Grilled Vegetable Salad with Baby Greens & Citrus Vinaigrette **Vg**

FILET MIGNON \$28

Hand Cut & Grilled Served with Truffle Mushroom Compound Butter

\*MAPLE MUSTARD CHICKEN \$23

Herb Seasoned Chicken Leg and Thigh Slow Cooked with Maple Whole Grain Mustard Sauce

LEMON CRUSTED SALMON \$23

Fresh North Atlantic Salmon Topped with White Wine Citrus Crumbs

FALAFEL CAKE WITH TAHINI PESTO **Vg** \$18

Crispy Chickpea Mixture Served with Vegetable Slaw and Tahini Pesto

Daily Sides: Corn on the Cob & Sautéed Spinach with Garlic & Shallots **Vg**

Dessert: Belmont Strip (Baked Sweet Dough Filled with Cream Cheese and Mixed Berries) or Sugar Free Chocolate Torte or Fruit Cup

or Fruit of the Week

**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.