

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 CRUMBLER 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.**