

Dinner Choices for the week of
Monday, 10/24/2021 to
Saturday, 10/30/2021



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 OCTOBER 24TH CLOSED

MONDAY OCTOBER 25TH

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: Rice Pilaf **Vg** & Braised Green Cabbage with Mushrooms & Onions **Vg**
Dessert: Strawberry Cheesecake with Berry Sauce or *Sugar Free Vanilla Mousse* or Fruit Cup

TUESDAY OCTOBER 26TH

Mushroom & Potato Soup **Vg** Salad of Iceberg Lettuce & Baby Arugula with Walnut, Golden Raisins, 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
BAKED TROUT \$25
Fresh Rainbow Trout Seared, Topped & Baked with Tomatoes, Garlic & Thyme
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

WEDNESDAY OCTOBER 27TH

Chicken Soup or NBOC Chopped Salad with Italian Vinaigrette **V**
*BEEF ENCHILADAS \$22
Our Prime Beef with Caramelized Onions, Jack & Gouda Cheese Blend Rolled in Corn Tortillas and Served with Fire Roasted Tomato Sauce
ROASTED TURKEY BREAST \$23
Herbed Marinated, Slow Roasted & Hand Carved Turkey Breast with Stuffing and Sage Gravy
*NEW ENGLAND BAKED HADDOCK WITH LEMON \$24
Fresh Local Haddock Baked with Ritz Crumb and Lemon
ROSEMARY VEGETABLE TARTAN **V** \$19
Sliced Zucchini, Pepper, Eggplant, Onion, Tofu and Fresh Mozzarella Marinated & Baked with a Rosemary Vinaigrette
Daily Sides: Fresh Herbed Brown Rice and Steamed Broccoli **Vg**
Dessert: Honey Cake or *Sugar Free Almond Macaroon* or Fruit Cup

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.**

Dinner Choices for the week of
Monday, 10/24/2021 to
Saturday, 10/30/2021



THURSDAY OCTOBER 28th

Butternut Squash Soup **Vg** or Caesar Salad

*HEARTY BEEF STEW \$ 22

Tender Stew Beef Braised in a Light Stock with Carrots, Celery, Onion, Red Wine & Served with Pan Sauce

*ARTICHOKE & OLIVE CHICKEN TAGINE \$23

Moroccan and Curry Spiced Skinned Boneless Chicken Thighs Slow Cooked in Stock, Pickled Lemons, Artichokes, and Green Olives

SHRIMP AND SCALLOP PRIMAVERA \$26

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

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

Crispy Chickpea Mixture Served with Vegetable Slaw and Tahini Pesto

Daily Sides: Egg Noodle **Vg** & Roasted Green Beans with Yellow Bell Pepper **Vg**

Dessert: Blueberry Pie with Whipped Cream or Sugar Free Carrot Cake or Fruit Cup

FRIDAY OCTOBER 29th

Vegetable Orzo Soup **Vg** or Iceberg and 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 Autumn Slaw (shredded sweet potato, carrot, apple, beets, and broccoli, toasted Sunflower seeds tossed with cider vinaigrette)

*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 (butternut squash, brussel sprout) **Vg**

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

SATURDAY OCTOBER 30th

Northern Bean & Tomato Soup **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

BUTTERNUT SQUASH CHILI **Vg** \$18

A Vegan Version of Chili with Sweet Butternut Squash, Tomato, Black Beans, Quinoa, Bell Pepper & Spices Simmered in Vegetable Broth

Daily Sides: Mashed Potato & 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

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.