

## MENU

### **SOUP**

*Cream of Chicken Lemon Rice  
or  
Chicken Noodle Soup*

### **SALAD**

*Tossed Green Salad  
or Low Fat Cottage Cheese or Fresh  
Fruit*

### **CHEF'S RECOMMENDATIONS**

**Today's Special**  
**Roasted Cornish Hens**  
*With White Wine Sauce and Wild  
Rice*

### **ENTRÉE SELECTIONS**

#### **ROASTED PRIME RIB OF BEEF**

*With Baked Potato and Sour Cream*

#### **CHICKEN WELLINGTON** in a Pastry

*With Twice Baked Potato*

#### **GRILLED HOT DOG**

*With Coleslaw*

**COBB SALAD** with Broiled Chicken Strip, Bacon, Gorgonzola Cheese, Tomato and Cucumber

**LIGHTLY BREADED FILET OF COD** with  
*Sundried Tomato Pesto Sauce and Baked Potato  
with Sour Cream*

#### **HAMBURGER OR CHEESEBURGER**

*Coleslaw*

**CHICKEN WINGS** with Coleslaw

**OMELET** with Fruit Garnish

**FRESH FRUIT PLATE** with  
*Cottage Cheese or Sherbet*

#### **VEGETABLE**

*Chef's Choice Vegetable  
or  
Brussels Sprouts*

**TUNA SALAD SANDWICH**  
*Choice of Bread and Coleslaw*

*Sandwiches come with choice of:  
French Fries or Potato Chips*

#### **BEVERAGE**

*Coffee, Decaf, Tea (Hot or iced)  
Lemonade or Milk  
Choice of Juice or Regular or Diet Soda*

#### **DESSERT**

*Strawberry Shortcake or  
Ice Cream or Yogurt or Sherbet  
Ask your server about Sugar Free*

**SOUP**

*Sausage and Zucchini Soup  
or  
Chicken Noodle Soup*

**SALAD**

*Salad Bar—Lunch Only  
Tossed Green Salad  
or Low Fat Cottage Cheese or Fresh  
Fruit*

**CHEF'S RECOMMENDATIONS**

**Today's Special**

**Taco Salad**

*With Seasoned Ground Beef, Guacamole,  
Salsa and Sour Cream*

**ENTRÉE SELECTIONS**

**MARINATED BREAST OF CHICKEN  
KABOBS**

*With Garden Couscous*

**AMERICAN PORK CHOP SUEY**

*Over White Rice with Chow Mein Noodles*

**BROILED HALIBUT ALA GRECO**

*White Wine, Garlic and Butter Sauce  
And Garden Couscous*

**SALISBURY STEAK** *with Mushroom Gravy  
And Mashed Potato*

**VEGETABLE**

*Chef's Choice Vegetable  
or  
Buttered Peas*

**BEVERAGE**

*Coffee, Decaf, Tea (Hot or iced)  
Lemonade or Milk  
Choice of Juice or Regular or Diet Soda*

**GRILLED HOT DOG**

*With Coleslaw*

**COBB SALAD** *with Broiled Chicken Strip, Ba-  
con, Gorgonzola Cheese, Tomato and Cucumber*

**HAMBURGER OR CHEESEBURGER**

*Coleslaw*

**CHICKEN WINGS** *with Coleslaw*

**FRESH FRUIT PLATE** *with  
Cottage Cheese or Sherbet*

**TUNA SALAD SANDWICH**

*Choice of Bread and Coleslaw*

*Sandwiches come with choice of:  
French Fries or Potato Chips*

**DESSERT**

*Butterscotch Pudding with Whipped  
Cream or  
Choice of Ice Cream or  
Yogurt or Sherbet  
Ask your server about Sugar Free*

**SOUP**

*Navy Bean Soup  
Or  
Chicken Noodle Soup*

**SALAD**

*Tossed Green Salad  
or Low Fat Cottage Cheese or  
or Fresh Fruit*

**CHEF'S RECOMMENDATIONS**

**Today's Special**

**Stuffed Cabbage Roll** with Tomato  
Sauce and Mashed Potato

**ENTRÉE SELECTIONS**

**EGGPLANT AND TOMATO BAKE**

*With Fruit Garnish*

**BROILED NEW YORK STRIP**

*With Baked Potato and Sour Cream*

**BARBEQUE CHICKEN**

*With Baked Potato and Sour Cream*

**BAKED RAINBOW TROUT**

*with Lemon Wedge And Mashed Potato*

**VEGETABLE**

*Chef's Choice Vegetable*

*or*

*Green Beans and Onions*

**GRILLED HOT DOG**

*With Coleslaw*

**COBB SALAD** with Broiled Chicken Strip, Bacon, Gorgonzola Cheese, Tomato and Cucumber

**HAMBURGER OR CHEESEBURGER**

*Coleslaw*

**CHICKEN WINGS** with Coleslaw

**FRESH FRUIT PLATE** with

*Cottage Cheese or Sherbet*

**TUNA SALAD SANDWICH**

*Choice of Bread and Coleslaw*

*Sandwiches come with choice of:  
French Fries or Potato Chips*

**BEVERAGE**

*Coffee, Decaf, Tea (Hot or iced)  
Lemonade or Milk*

*Choice of Juice or Regular or Diet Soda*

**DESSERT**

*Lemon Layer Cake or  
Ice Cream or Yogurt or Sherbet  
Ask your server about Sugar Free*

**SOUP**

*Cream of Celery Soup  
Or  
Chicken Noodle Soup*

**SALAD**

*Tossed Green Salad or Cottage  
Cheese or Fresh Fruit  
Salad Bar Dinner Only*

**CHEF'S RECOMMENDATIONS**

**Today's Special**

**Sloppy Joe** with  
French Fries

**ENTRÉE SELECTIONS**

**BREADED PORK TENDERLOIN**

*With Mashed Potato and Brown Gravy*

**GRILLED HOT DOG**

*With Coleslaw*

**BAKED POTATO CRUSTED COD**

*With Lemon Wedge and Roasted Red Potatoes*

**COBB SALAD** with Broiled Chicken Strip, Bacon, Gorgonzola Cheese, Tomato and Cucumber

**BAKED TURKEY**

*With Mashed Potato and Gravy*

**HAMBURGER OR CHEESEBURGER**

*Coleslaw*

**CHICKEN CLUB WRAP**

*With Fruit Kabob*

**CHICKEN WINGS** with Coleslaw

**FRESH FRUIT PLATE** with

*Cottage Cheese or Sherbet*

**VEGETABLE**

*Chef's Choice Vegetable*

*or*

*Alleato Blend*

**TUNA SALAD SANDWICH**

*Choice of Bread and Coleslaw*

*Sandwiches come with choice of:*

*French Fries or Potato Chips*

**BEVERAGE**

*Coffee, Decaf, Tea (Hot or iced)*

*Lemonade or Milk*

*Choice of Juice or Regular or Diet Soda*

**DESSERT**

*Blueberry Pie Ala Mode*

*or Ice Cream or Yogurt or Sherbet*

*Ask your server about Sugar Free options*

### **SOUP**

*Chicken Tortilla Soup  
Or  
Chicken Noodle Soup*

### **SALAD**

*Tossed Green Salad or Cottage  
Cheese or Fresh Fruit*

### **CHEF'S RECOMMENDATIONS**

#### **Today's Special**

**Braised Pot Roast**  
*with Egg Noodles and Vegetables*

### **ENTRÉE SELECTIONS**

#### **ROASTED CHICKEN**

*With Mashed Potato and Gravy*

#### **BREADED VEAL CUTLET**

*With Mashed Potato and Gravy*

#### **CATCH OF THE DAY**

*Ask your server for details*

#### **BEEF AND MACARONI**

#### **VEGETABLE**

*Chef's Choice Vegetable  
or*

*Rancho Fiesta*

*Mix of Kidney Beans, Carrots and Garbanzo  
Beans*

#### **BEVERAGE**

*Coffee, Decaf, Tea (Hot or iced)  
Lemonade or Milk*

*Choice of Juice or Regular or Diet Soda*

#### **GRILLED HOT DOG**

*With Coleslaw*

**COBB SALAD** *with Broiled Chicken Strip, Bacon, Gorgonzola Cheese, Tomato and Cucumber*

#### **HAMBURGER OR CHEESEBURGER**

*Coleslaw*

**CHICKEN WINGS** *with Coleslaw*

#### **FRESH FRUIT PLATE** *with*

*Cottage Cheese or Sherbet*

#### **TUNA SALAD SANDWICH**

*Choice of Bread and Coleslaw*

*Sandwiches come with choice of:  
French Fries or Potato Chips*

#### **DESSERT**

*Carrot Cake or Ice Cream or  
Yogurt or Sherbet*

*Ask your server about Sugar Free Options*

### **SOUP**

*New England Clam Chowder  
Or  
Chicken Noodle Soup*

### **SALAD**

*Tossed Green Salad  
or Kidney Bean Salad or Cottage  
Cheese or Fresh Fruit*

### **CHEF'S RECOMMENDATIONS**

#### **Today's Special**

***Fried Breaded Perch***  
*With Macaroni and Cheese*

### **ENTRÉE SELECTIONS**

#### **BRAISED LEG OF LAMB**

*With Gardinere Sauce  
And Red Skinned Mashed Potato*

#### **CHICKEN MARSALA**

*Over Fettuccini Noodles*

#### **BEEF RAVIOLI**

*With Red Sauce and Garlic Bread*

#### **SALMON PATTIES**

*with Lemon Egg Sauce  
And Red Skinned Mashed Potato*

#### **VEGETABLE**

*Chef's Choice Vegetable  
or  
Broccoli Florets*

#### **BEVERAGE**

*Coffee, Decaf, Tea (Hot or iced)  
Lemonade or Milk  
Choice of Juice or Regular or Diet Soda*

#### **GRILLED HOT DOG**

*With Coleslaw*

***COBB SALAD*** *with Broiled Chicken Strip, Bacon, Gorgonzola Cheese, Tomato and Cucumber*

#### **HAMBURGER OR CHEESEBURGER**

*Coleslaw*

***CHICKEN WINGS*** *with Coleslaw*

#### **FRESH FRUIT PLATE**

*with  
Cottage Cheese or Sherbet*

#### **TUNA SALAD SANDWICH**

*Choice of Bread and Coleslaw*

*Sandwiches come with choice of:  
French Fries or Potato Chips*

#### **DESSERT**

*Cherry Cobbler  
or Ice Cream or Yogurt or Sherbet  
Ask your server about Sugar Free Options*

**SOUP**

*Cream of Tomato Rice  
Or  
Chicken Noodle Soup*

**SALAD**

*Tossed Green Salad or Cottage  
Cheese or Waldorf Salad*

**CHEF'S RECOMMENDATIONS**

**Today's Special**

**Sautéed Shrimp and Broccoli**  
*in Garlic Butter over Linguini*

**ENTRÉE SELECTIONS**

**BOILED BRISKET OF BEEF**

*With Horseradish Sauce and Boiled Potato*

**SAUTEED ASIAN WHITEFISH**

*Lightly Floured and Pan Seared with  
Vegetable Medley*

**BAKED CHICKEN BREAST**

*With White Wine Sauce and Mashed Potato*

**PORK CHOPS** *with Burgundy Sauce  
And Mashed Potato*

**VEGETABLE**

*Chef's Choice Vegetable  
or  
Julienne Carrots*

**BEVERAGE**

*Coffee, Decaf, Tea (Hot or iced)  
Lemonade or Milk  
Choice of Juice or Regular or Diet Soda*

**GRILLED HOT DOG**

*With Coleslaw*

**COBB SALAD** *with Broiled Chicken Strip, Bacon, Gorgonzola Cheese, Tomato and Cucumber*

**HAMBURGER OR CHEESEBURGER**

*Coleslaw*

**CHICKEN WINGS** *with Coleslaw*

**FRESH FRUIT PLATE** *with  
Cottage Cheese or Sherbet*

**TUNA SALAD SANDWICH**

*Choice of Bread and Coleslaw*

*Sandwiches come with choice of:  
French Fries or Potato Chips*

**DESSERT**

*Crème Brulee or Ice Cream or Yogurt or  
Sherbet  
Ask your server about Sugar Free Options*