

# Dinner Specials ~ Sunday, October 12, 2025

## **ENTREES**

## Chicken Thighs and Mushroom Marsala (D/A) 6

Chicken thighs, onions, mushrooms, thyme, white wine, marsala, and chicken velouté.

## Cider Braised Pork (GF/DF) ◆ 6

Pork shoulder, apple cider, cinnamon, garlic, apples, and onions.

## Eggplant Marsala (GF/DF/VE/A) 6

Eggplant, gluten free flour, egg white replacer, rice chex, garlic, onions, mushrooms, salt, thyme, and marsala.

#### SIDES

Roasted Fingerling Potatoes (GF/DF) 1

Sauteed Broccolini (GF/DF) ◆ 1

**Steamed Green Beans 1** 

**Baked Potato or Baked Sweet Potato 1** 

**Brown Rice 1** 

**Steamed Carrots or Steamed Spinach 1** 

Legume of the Day 1

French Fries or Sweet Potato Fries 1

# **DESSERTS**

Chef's Choice (D) 3



# Dinner Specials ~ Monday, October 13, 2025

## **SOUPS**

Cauliflower and Cheese (GF/D/VG) ◆ 3/5

Roasted Garlic and Chard (GF/DF/OF/VE) + 3/5

## **ENTREES**

Chicken Mole (GF/DF/Nuts) 6

Chicken thighs, tomatoes, coffee, chocolate, almonds, and cherries.

Ranchero-Style Shrimp (GF/D) ◆ 6

Shrimp, paprika, garlic, butter, onion, lime and cilantro.

Ranchero Soy Curl (GF/DF/OF/VE) ▼ 6

Soy curls, paprika, garlic, onoins, tomatoes, lime, and cilantro.

# **SIDES**

Arroz Amarillo (GF/DF) ↓ 1

Rosemary Roasted Delicata Squash (GF/DF) ◆▼ 1

**Steamed Parsnips 1** 

**Baked Potato or Baked Sweet Potato 1** 

**Brown Rice 1** 

**Steamed Carrots or Steamed Spinach 1** 

Legume of the Day 1

French Fries or Sweet Potato Fries 1

# **DESSERTS**

Chocolate Banana Marble Cake (D) 3



# Dinner Specials ~ Tuesday, October 14, 2025

## **SOUPS**

Parsnip and Apple (GF/DF/OF/VE) ▼+ 3/5

Potato and Kale (GF/DF/OF/VE) ◆+ 3/5

## **ENTREES**

Banger and Mash with Onion Gravy (D) 6

Pork sausages, mashed potatoes, butter, and onion gravy.

London Broil (GF/D) ◆ 6

Marinated top round steak, Worcestershire, shallots, ginger, and a mushroom and leek sauce.

Tempeh London Broil (GF/DF/VE) ◆ 6

Marinated tempeh, Worcestershire, shallots, ginger, mushrooms, and leeks.

## **SIDES**

Mashed Potatoes (GF/D) 1

Creamed Kale (D) ◆ 1

**Steamed Asparagus 1** 

**Baked Potato or Baked Sweet Potato 1** 

**Brown Rice 1** 

**Steamed Carrots or Steamed Spinach 1** 

Legume of the Day 1

French Fries or Sweet Potato Fries 1

# **DESSERTS**

Chocolate Banana Marble Cake (D) 3



# Dinner Specials ~ Wednesday, October 15, 2025

## **SOUPS**

Cock-a-Leekie (GF/D) ◆ 3/5

Fall Garden Vegetable (GF/DF/OF/VE) + 3/5

## **ENTREES**

Turkey Fricassee (D) ◆ 6

Turkey, butter, onions, carrots, flour, peas and heavy cream.

## Creole Beef (GF/DF) ◆ 6

Chuck roast, onion, celery, peppers, garlic, Cajun spices, creole seasoning, paprika, garlic powder, oregano, thyme, and tomatoes.

## Soy Curl Fricassee (GF/DF/OF/VE) 6

Soy curls, onions, celery, carrots, vegetable stock, peas, coconut milk and cornstarch.

## **SIDES**

Smashed Red Bliss Potatoes (GF/D) 1

Lemon and Dill Roasted Carrots (GF/DF) ▼ 1

**Steamed Broccoli 1** 

**Baked Potato or Baked Sweet Potato 1** 

**Brown Rice 1** 

**Steamed Carrots or Steamed Spinach 1** 

Legume of the Day 1

French Fries or Sweet Potato Fries 1

# **DESSERTS**

Raspberry White Chocolate Cheesecake (D) 3



# Dinner Specials ~ Thursday, October 16, 2025

#### **SOUPS**

Bean and Bacon (GF/DF) 3/5

Carrot, Fennel and Potato (GF/DF/OF/VE) ◆+ 3/5

## **ENTREES**

## Chicken Cacciatore (D) 6

Chicken thighs, flour, onions, green peppers, garlic, mushrooms, tomatoes, thyme, oregano, red pepper flakes, and basil.

## Pork Piccata (D) ◆ 6

Pork loin, egg, flour, parmesan, lemon, and capers.

## Vegan Gardein Piccata (GF/DF/VE) ◆↓ 6

Mushrooms, tofu, red wine, mushroom broth, carrots, and onions.

## SIDES

Penne Pasta (DF) or Gluten-Free Penne Pasta (GF/DF) 1

Roasted Cauliflower with Pine Nuts and Parmesan (GF/D) ◆ 1

Steamed Zucchini and Yellow Squash 1

**Baked Potato or Baked Sweet Potato 1** 

**Brown Rice 1** 

**Steamed Carrots or Steamed Spinach 1** 

Legume of the Day 1

French Fries or Sweet Potato Fries 1

# **DESSERTS**

Cherry Velvet Cake (D) 3



# Dinner Specials ~ Friday, October 17, 2025

## **SOUPS**

New England Clam Chowder (D) 3/5

Borscht (GF/\*DF/OF/VE) ◆↓ 3/5

\*Note Dairy Topping Optional

## **ENTREES**

Beef Medallions with Green Peppercorn Sauce (GF/D/A) 6

Beef, butter, shallots, cream, cognac and green peppercorns.

Salmon with Braised Leeks (GF/D) ◆ 6

Salmon, leeks, garlic, tarragon, lemon, butter, and stock.

Vegan Quinoa and Artichoke Stuffed Zucchini (GF/DF/OF/VE) → 6

Zucchini stuffed with shallots, artichoke hearts, red peppers and quinoa.

#### **SIDES**

Herbed Rice Pilaf (GF/DF) ▼↓ 1

Broccoli Amandine (GF/D/Nuts) ◆▼ 1

**Steamed Brussels Sprouts 1** 

**Baked Potato or Baked Sweet Potato 1** 

**Brown Rice 1** 

**Steamed Carrots or Steamed Spinach 1** 

Legume of the Day 1

French Fries or Sweet Potato Fries 1

# **DESSERTS**

Pecan Pie (D/Nuts) 3



# Dinner Specials ~ Saturday, October 18, 2025

## **SOUPS**

Chicken and Wild Rice (D) 3/5
Creamy Tomato (GF/D/OF/VG) 3/5

## **ENTREES**

Mediterranean Baked Sole (GF/D) 6

Lemons, capers, cumin, garlic, sole, shallots, butter.

Lamb Shish Kebabs wtih Mint Yogurt Sauce (GF/D/A) 6

Lamb, onions, wine, garlic, mint and yogurt.

Crispy Chickpea Stuffed Bell Peppers (GF/DF/OF/VE) + 6

Chickpeas, red peppers, brown rice, onions, carrots, and garlic.

## **SIDES**

Turmeric Rice Pilaf (GF/DF) + 1

Stewed Okra (GF/DF) ◆1

**Steamed Cauliflower 1** 

**Baked Potato or Baked Sweet Potato 1** 

**Brown Rice 1** 

**Steamed Carrots or Steamed Spinach 1** 

Legume of the Day 1

French Fries or Sweet Potato Fries 1

# **DESSERTS**

Pecan Pie (D/Nuts) 3