

SUNDAY'S SPECIALS



SOUPS

Seven Bean

Sautéed vegetables simmered in vegetable stock with seven beans, thyme and bay leaves.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Mesclun Greens

Mesclun greens garnished with roasted red pepper strips, crumbled feta cheese and black olives; served with a side of garlic and feta cider vinaigrette.

Healthier Choice ~ no feta, no olives, hc dressing

**House Garden Salad ~ Fruit Plate/with cottage cheese available, Juices,
NAS Applesauce ~ Fruit Cup ~ Cole Slaw ~ Sliced Tomato ~ Half Grapefruit**

TODAY'S CATCH

Cod with Greek Walnut Salsa

A fresh sautéed cod filet finished with Greek, walnut salsa.
(tomatoes, cucumber, olives, red onion, garlic, walnuts, oregano, olive oil)

Healthier Choice ~ Baked Cod, lemon, white wine

MAIN ENTREES

Swedish Meatballs

Ground beef and pork meatballs prepared with sour cream, onion, allspice, nutmeg, dill and egg; served over egg noodles with Swedish meatball sauce.

Tuscan Pesto Chicken Sandwich

Grilled marinated chicken breast served on ciabatta bread with melted mozzarella, and provolone cheese, pesto sauce, lettuce, tomato and red onion rings.

Healthier Choice ~ no cheese

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Buttered Egg Noodles ~ HC no butter

Peas & Pearl Onions ~ HC Steamed Peas

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries
Pasta Marinara, Carrots, Spinach, Sautéed Spinach, Steamed Broccoli

Meat Temperature Guide:

Rare ~ cool red center, Medium Rare ~ warm red center,

Medium ~ pink center, Medium Well ~ minimum pink, Well Done ~ no pink

*Contains a spicy ingredient

‡ Consumption of raw or undercooked foods of animal origin may increase your risk of food borne illness. Consumers who are especially vulnerable to food borne illness should only eat food from animals thoroughly cooked. HC – Healthier Choice

MONDAY'S SPECIALS



SOUPS

Beef Vegetable

A medley of sautéed vegetables simmered with beef broth, potatoes, basil, oregano, tomatoes, and ground beef.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Mesclun Greens

Mesclun greens garnished with roasted red pepper strips, crumbled feta cheese and black olives; served with a side of garlic and feta cider vinaigrette.

Healthier Choice ~ no feta, no olives, hc dressing

**House Garden Salad ~ Fruit Plate/with cottage cheese available, Juices,
NAS Applesauce ~ Fruit Cup ~ Cole Slaw ~ Sliced Tomato ~ Half Grapefruit**

TODAY'S CATCH

Grilled Swordfish

Fresh swordfish steak grilled to your liking, served with a lemon wedge.

Healthier Choice

MAIN ENTREES

Chicken Cacciatore

Bone in chicken breast simmered with mushrooms, peppers, onions, tomato, garlic, red wine and seasonings.

Healthier Choice ~ Grilled Mrs. Dash Chicken Breast

Shepherd's Pie

Ground beef and corn baked with a whipped potato topping and finished with brown gravy.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Cider Baked Sweet Potatoes

HC ~ Baked Sweet Potato

HC String Beans

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries,
Pasta Marinara, Carrots, Spinach, Sautéed Spinach, Steamed Broccoli

Meat Temperature Guide:

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TUESDAY'S SPECIALS



SOUPS

Roasted Sweet Potato

Prepared with low sodium chicken stock and garnished with fresh pistachio orange salsa.
(no salsa available upon request)

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Mesclun Greens

Mesclun greens garnished with roasted red pepper strips, crumbled feta cheese and black olives;
served with a side of garlic and feta cider vinaigrette.

Healthier Choice ~ no feta, no olives, hc dressing

**House Garden Salad ~ Fruit Plate/with cottage cheese available, Juices,
NAS Applesauce ~ Fruit Cup ~ Cole Slaw ~ Sliced Tomato ~ Half Grapefruit**

TODAY'S CATCH

Haddock al Forno

Sautéed haddock filet finished with al Forno sauce (olives, basil, garlic, sage, tomato, white wine).

Healthier Choice ~ Baked Haddock, no sauce, lemon, white wine, parsley

MAIN ENTREES

Braised Apricot Chicken

A braised chicken thigh with apricot jam, seasonings, dijon mustard and chicken broth.

Healthier Choice ~ Grilled Marinated Chicken Breast

Maple Short Rib

Maple and bourbon braised boneless beef short rib.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Madras Rice

HC Steamed Brown Rice

Baked Acorn Squash ~ HC Acorn Squash, no butter, no salt

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries

Pasta Marinara, Carrots, Spinach, Sautéed Spinach, Steamed Broccoli

Meat Temperature Guide:

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WEDNESDAY'S SPECIALS



SOUPS

Chicken with Spätzle

Fresh vegetables with chicken stock, chicken and miniature dumplings.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Tableside Caesar Salad

Crisp romaine lettuce tossed with Caesar dressing, croutons and fresh parmesan cheese.

**House Garden Salad ~ Fruit Plate/with cottage cheese available, Juices,
NAS Applesauce ~ Fruit Cup ~ Cole Slaw ~ Sliced Tomato ~ Half Grapefruit**

TODAY'S CATCH

Sautéed Salmon (scampi style)

Sautéed salmon tips with marsala wine, butter, garlic, thyme, tarragon, lemon
and oregano served over jasmine rice with lemon wedge.

Healthier Choice ~ Sautéed Salmon Tips with lemon and white wine, garlic, olive oil and chicken broth

MAIN ENTREES

Braised Chicken with Fig

Your choice of bone in white or dark meat chicken quarter. Braised with lemon, garlic,
balsamic vinegar, thyme, lemon, port wine and low sodium chicken stock.

Healthier Choice ~ white meat

Carbonades of Beef

Browned cubed beef simmered in beef stock with beer, thyme and bay leaves.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Jasmine Rice

Roasted Beets ~ HC Steamed Beets

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries
Pasta Marinara, Carrots, Spinach, Sautéed Spinach, Steamed Broccoli

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THURSDAY'S SPECIALS



SOUPS

Broccoli Cheddar

Fresh broccoli, onions and celery simmered in vegetable stock then pureed and finished with cheddar cheese and cream.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Mesclun Greens

Mesclun greens garnished with roasted red pepper strips, crumbled feta cheese and black olives; served with a side of garlic and feta cider vinaigrette.

Healthier Choice ~ no feta, no olives, hc dressing

**House Garden Salad ~ Fruit Plate/with cottage cheese available, Juices,
NAS Applesauce ~ Fruit Cup ~ Cole Slaw ~ Sliced Tomato ~ Half Grapefruit**

TODAY'S CATCH

Scallops Provençale

Sautéed fresh sea scallops in a tomato, onion and garlic sauce.

Healthier Choice ~ no added salt

MAIN ENTREES

Lamb Shank

Braised lamb shank with tomato, vegetables, cannellini beans, seasonings, red wine and low sodium beef stock.

Healthier Choice

Butternut Squash Lasagna

Roasted butternut puree, mushrooms, shallots and sage layered with noodles, ricotta and mozzarella cheese.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Risotto

HC Baked Potato

Vegetable Medley

HC Vegetable Medley

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries
Pasta Marinara, Carrots, Spinach, Sautéed Spinach, Steamed Broccoli

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FRIDAY'S SPECIALS



SOUPS

New England Clam Chowder

The traditional creamy white chowder with clams, potatoes, onions and celery.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Mesclun Greens

Mesclun greens garnished with roasted red pepper strips, crumbled feta cheese and black olives; served with a side of garlic and feta cider vinaigrette.

Healthier Choice ~ no feta, no olives, hc dressing

**House Garden Salad ~ Fruit Plate/with cottage cheese available, Juices,
NAS Applesauce ~ Fruit Cup ~ Cole Slaw ~ Sliced Tomato ~ Half Grapefruit**

TODAY'S CATCH

Catch du Jour

A fresh offering from the sea, ask your server about today's special.

Healthier Choice ~ Available

MAIN ENTREES

Chicken Pot Pie

Baked white meat chicken, vegetables and potatoes with a pie crust top; served with cranberry sauce.

Veal Picatta

A sautéed veal cutlet with a white wine reduction, finished with capers, lemon juice, butter and parsley.

Healthier Choice ~ Veal Marinara

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Pesto Mashed Potatoes

HC Baked Potato

HC Roasted Turnip & Carrot

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries

Pasta Marinara, Carrots, Spinach, Sautéed Spinach, Steamed Broccoli

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SATURDAY'S SPECIALS



SOUPS

Winter Lentil

Prepared with vegetable broth, cabbage, vegetables and chopped tomatoes with curry, garlic and thyme seasoning.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Mesclun Greens

Mesclun greens garnished with roasted red pepper strips, crumbled feta cheese and black olives; served with a side of garlic and feta cider vinaigrette.

Healthier Choice ~ no feta, no olives, hc dressing

**House Garden Salad ~ Fruit Plate/with cottage cheese available, Juices,
NAS Applesauce ~ Fruit Cup ~ Cole Slaw ~ Sliced Tomato ~ Half Grapefruit**

TODAY'S CATCH

***Crabcakes Remoulade**

Fresh crab cakes prepared in house and served with remoulade sauce*. (tartar sauce available)

Healthier Choice ~ Baked Scrod, lemon, white wine

MAIN ENTREES

Roasted Chicken Quarter with Cornbread Apple Stuffing

Your choice of white or dark meat chicken and cornbread stuffing with apples and raisins.

Finished with supreme sauce and a side of cranberry sauce.

‡ Grilled Sirloin Steak

Grilled sirloin steak cooked to your liking and served with red wine and mushrooms.

Healthier Choice ~ plain

ACCOMPANIMENTS

HC Roasted Potato Trio

Creamed Spinach

HC Steamed Spinach

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries,
Pasta Marinara, Carrots, Spinach, Sautéed Spinach, Steamed Broccoli

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HC – Healthier Choice nas – no added salt