

SUNDAY'S SPECIALS



SOUPS

Turkey Noodle

Turkey stock simmered with onion, celery, turkey meat and noodles.

Healthier Choice Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Autumn Apple Salad

Diced apples, raisins and cherries blended with vanilla yogurt, served on bibb lettuce and garnished with toasted almonds.

Healthier Choice

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

TODAY'S CATCH

Shrimp with Vodka Sauce

Sautéed shrimp finished with a tomato, basil, garlic cream sauce.

Healthier Choice ~ Baked Shrimp, lemon, white wine

MAIN ENTREES

Beef Stew

A bowl of hearty beef stew served with a buttermilk biscuit.

Avocado, Bacon, Cheddar, Tomato Sandwich

Grilled on whole grain seeded bread with honey mayonnaise.

Healthier Choice ~ Avocado Toast with Sliced Tomato

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Jasmine Rice

HC Orange Tarragon Carrots

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

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

Barley Mushroom

Barley, mushrooms and vegetables simmered in beef stock with burgundy wine and seasonings.

Healthier Choice Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Autumn Apple Salad

Diced apples, raisins and cherries blended with vanilla yogurt, served on bibb lettuce and garnished with toasted almonds.

Healthier Choice

House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices

NAS Applesauce ~ Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half

TODAY'S CATCH

Thanksgiving Salmon

A fresh salmon filet baked with a cranberry Dijon shallot coating.

Healthier Choice

MAIN ENTREES

Crispy Cheddar Pork Chop

Baked bone in pork chop coated with a cheddar panko topping and served on a bed of roasted maple Dijon brussels sprouts with apples and onions.

Healthier Choice ~ Grilled Marinated Pork Chop

Stuffed Eggplant

Fresh half eggplant stuffed with zucchini, red peppers, onions, tomato sauce and baked with a mozzarella cheese topping.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Delmonico Potatoes (bechamel sauce)

HC Boiled New Potatoes

Green Beans Panache ~ HC Steamed Green Beans

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

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HC - Healthier Choice

TUESDAY'S SPECIALS



SOUPS

Maria's Tomato Chourico

Chourico, potatoes, tomatoes and elbow macaroni simmered in chicken stock.

Healthier Choice Soup of the Month Chicken Broth

APPETIZERS & SALADS

Autumn Apple Salad

Diced apples, raisins and cherries blended with vanilla yogurt, served on bibb lettuce and garnished with toasted almonds.

Healthier Choice

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

TODAY'S CATCH

Risotto ai Frutti di Mare (with Fruits of the Sea)

A classic Italian dish with creamy Arborio rice and a rich mix of fresh seafood (mussels, clams, shrimp).

Healthier Choice ~ Baked Scrod, lemon, white wine

MAIN ENTREES

Turkey Meatloaf

Baked turkey meatloaf served with turkey gravy.

Healthier Choice ~ Mrs. Dash Grilled Chicken Breast

***Beef & Cashews**

Julienne beef and vegetables sautéed in sesame oil with a sherry hoisin garlic ginger sauce with cashews (optional).

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Mashed Potatoes

HC Baked Potato

HC Whipped Butternut Squash with Cinnamon

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

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HC – Healthier Choice

WEDNESDAY'S SPECIALS



SOUPS

Chicken Barley

Vegetables, barley and chicken meat simmered with chicken broth.

Healthier Choice 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 on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

Baked Seafood Platter

Shrimp, sea scallops and cod baked with a buttery ritz topping; served with lemon wedge.

Healthier Choice ~ no butter or crumbs, baked with white wine and seasonings

MAIN ENTREES

Chicken Vermont

A sautéed chicken breast topped with a brandy, bacon, maple syrup and shallot sauce.

‡ Roast Prime Rib

Roasted prime rib roasted to your liking and served au jus or with horseradish sauce.

Healthier Choice ~ Lean Cut Prime Rib

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Oven Roasted Potatoes

Sautéed Edamame with Apples

HC Steamed Edamame with Apples

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

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HC - Healthier Choice



*Thursday, November 27, 2025
Main Dining Room 11:30 ~ 2:30 Dinner*

Soups

*Chicken Escarole Soup
HC Lentil Pumpkin*

Salads

Fresh Fruit Cup with Sherbet

Mesclun Greens

*Garnished with dried cherries, cranberries and apricots;
finished with a cider vinaigrette.*

Garden Salad

(choice of dressing)

Entrees

Roast Turkey Dinner

*Served with apple, raisin stuffing, pan gravy and cranberry sauce.
Healthier Choice ~ no stuffing*

Roasted Salmon

*Roasted salmon filet finished with a cranberry shallot compote.
Healthier Choice*

Butternut Ravioli

Topped with sage butter.

Baked Buttercrumb Scrod

Healthier Choice ~ Baked Scrod, lemon, white wine

Accompaniments

Green Beans Amandine

Healthier Choice ~ Steamed Green Beans

Maple Ginger Roasted Vegetable Medley

Whipped Butternut Squash

Mashed Potatoes

HC Baked Sweet Potato

HC Steamed Brown Rice

Sweet Endings

Pecan Pie ~ Pumpkin Pie ~ Apple Pie

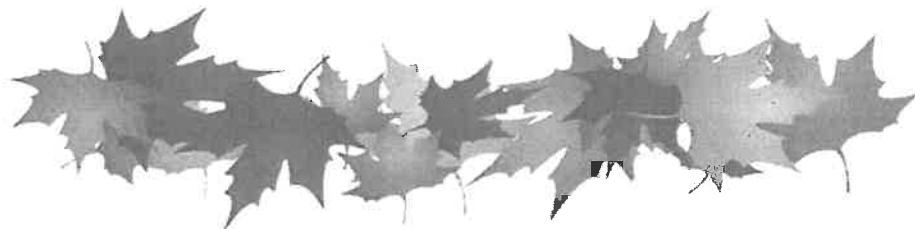
A la mode available

Sugar Free Blueberry Pie

Fresh Apple Crisp

Crème Brûlée Cheesecake

Featured Ice Creams and Frozen Yogurt



FRIDAY'S SPECIALS



SOUPS

Manhattan Clam Chowder

Vegetables, potatoes, tomatoes and clams simmered in clam stock.

Healthier Choice Soup of the Month Chicken Broth

APPETIZERS & SALADS

Autumn Apple Salad

Diced apples, raisins and cherries blended with vanilla yogurt, served on bibb lettuce and garnished with toasted almonds.

Healthier Choice

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

TODAY'S CATCH

Haddock Grenobloise

Fresh haddock sautéed with lemon, white wine, lemon parsley and capers.

Healthier Choice ~ Baked Haddock, lemon, white wine

MAIN ENTREES

Tournedos Bercy

Grilled tenderloin tournedos finished with a shallot, chive and parsley tarragon butter.

Healthier Choice ~ no butter

Cauliflower Crusted Pizza

Ask about today's Chef's choice.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Wild Rice & Mushrooms

HC Roasted Baby Beets and Carrots with Rosemary

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

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SATURDAY'S SPECIALS



SOUPS

Tomato Rice

Simmered plum tomatoes with pureed vegetables and vegetable stock; finished with rice.

Healthier Choice Soup of the Month Chicken Broth

APPETIZERS & SALADS

Autumn Apple Salad

Diced apples, raisins and cherries blended with vanilla yogurt, served on bibb lettuce and garnished with toasted almonds.

Healthier Choice

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

TODAY'S CATCH

Garlic Butter Scallops

Fresh sea scallops with garlic butter, white wine and a dusting of breadcrumbs; lemon wedge.

Healthier Choice ~ Baked Scallops, lemon, white wine

MAIN ENTREES

Barbecued Chicken Quarter

Your choice of white or dark meat.

‡ Rack of Lamb

Roasted and served with mint jelly.

Healthier Choice ~ no added salt seasoning

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Oven Roasted Sweet Potato

HC Steamed Peas

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

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