

SUNDAY'S SPECIALS



SOUPS

Chicken Vegetable

Chicken, northern beans, vegetables and fresh dill simmered in chicken stock.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Pickled Beets & Fennel

Sliced beets and fennel marinated and plated with bibb lettuce.

Healthier Choice ~ no added salt

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

Fried Seafood Platter

Fried shrimp, sea scallops and cod served with tartar sauce and lemon wedge.

Healthier Choice ~ Baked with lemon, white wine and Mrs. Dash seasoning; lemon wedge.

MAIN ENTREES

Roasted Half Chicken

Herb marinated roasted half chicken served au jus.

Healthier Choice

Meatball Sub

Italian meatballs and sauce served in a sub roll with grated parmesan cheese.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Garlic Oven Roasted Potatoes

HC Boiled New Potatoes

HC Steamed Peas & Carrots

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

Golden Mushroom

Sautéed mushrooms and onions simmered in chicken stock and finished with cream.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Pickled Beets & Fennel

Sliced beets and fennel marinated and plated with bibb lettuce.

Healthier Choice ~ no added salt

**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

Arctic Char

Arctic char, a member of the salmon family, marinated and baked with orange juice.

Finished with a lemon, honey, olive oil dressing and orange section garnish.

Healthier Choice

MAIN ENTREES

Moroccan Chicken

Sautéed chicken breast finished with a Moroccan sauce and toasted almond and cilantro garnish.
(sauce contains raisins, cardamom, coriander, garlic, cumin, ginger, black olives, tomatoes, tahini paste, brown sugar)

Healthier Choice ~ Grilled Mrs. Dash Chicken Breast

*** Grilled Pork Tenderloin with Roasted Pineapple Salsa**

Pork tenderloin marinated and grilled with chili powder, lime and orange juice.

Served with fresh roasted pineapple, red pepper, basil and onion salsa.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Sour Cream Onion Mashed ~ HC Baked Potato

HC Roasted Mixed Vegetables

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

TUESDAY'S SPECIALS



SOUPS

Roasted Corn, Peppers, Quinoa

Roasted corn, red peppers and quinoa simmered in vegetable stock with tarragon and lime.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Pickled Beets & Fennel

Sliced beets and fennel marinated and plated with bibb lettuce.

Healthier Choice ~ no added salt

**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

***Veracruz Style Red Snapper**

Red snapper brushed and baked with olive oil, cayenne pepper, and lime juice. Served with Veracruz sauce containing garlic, capers, tomato, olives, jalapeno and fresh oregano.

Healthier Choice ~ Baked with olive oil, lime juice, white wine.

MAIN ENTREES

Chicken Vanessa

Sautéed chicken tenderloins with mushrooms, broccoli, red peppers, prosciutto and Sambuca; finished with fresh mozzarella cheese.

‡ Grilled Marinated Beef Tips

Tenderloin tips marinated and grilled to your liking.

Healthier Choice ~ ‡ Grilled Mrs. Dash Beef Tips

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Wild Rice

HC Steamed Asparagus Spears

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

WEDNESDAY'S SPECIALS



SOUPS

Stuffed Pepper Soup

Peppers, onions, garlic, tomatoes and ground beef simmered in chicken stock with white rice and finished with cheddar cheese and fresh parsley garnish.

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 on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

Filet of Sole Meunier

Sautéed sole filet with butter, white wine and lemon juice; parsley garnish.

Healthier Choice ~ Rolled sole filet baked with lemon, white wine, fresh parsley

MAIN ENTREES

Cornish Hen with Coffee Glaze

Roasted Cornish half hen finished with a coffee liqueur sauce.

Healthier Choice ~ no sauce, seasoned with Mrs. Dash

Braised Pork Osso Bucco

Braised pork shanks slow cooked with wine, tomato, vegetables and fresh herbs. Served over creamy polenta.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Roasted Potato Trio

Fresh Harvard Beets

HC Steamed Beets

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

THURSDAY'S SPECIALS



SOUPS

Tomato Barley

Plum tomato puree simmered with garlic, onion, carrots and celery in vegetable stock with barley.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Pickled Beets & Fennel

Sliced beets and fennel marinated and plated with bibb lettuce.

Healthier Choice ~ no added salt

**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

Catch du Jour

Ask your server about today's special.

Healthier Choice ~ available

MAIN ENTREES

Duck L'Orange

Crisp duck breast served with a sweet orange sauce reduction.

(contains butter, Grand Marnier, sugar, shallots)

Healthier Choice ~ Grilled Marinated Chicken Breast

Lloyd's Beef Brisket ®

Braised beef brisket with ketchup, brown sugar, cider vinegar and onions. Recipe submitted by a resident.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Mashed Parsnip Yukon Gold Potatoes

HC Baked Sweet Potato

German Green Beans

(Pickled with bacon, vinegar, brown sugar)

HC Steamed Green Beans

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

® - Resident Recipe

FRIDAY'S SPECIALS



SOUPS

Lobster Bisque

A creamy puree with leeks, rice, shallots, brandy, lobster stock and heavy cream.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Pickled Beets & Fennel

Sliced beets and fennel marinated and plated with bibb lettuce.

Healthier Choice ~ no added salt

**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

Panko Parmesan Haddock Piccata

Sautéed with parmesan seasoned panko crumbs and finished with a white wine, shallot sauce with lemon, capers and parsley.

Healthier Choice ~ Baked Haddock, lemon, white wine, fresh parsley

MAIN ENTREES

Chinese Chicken with Spring Scallions

Marinated julienne chicken strips (five spice, sherry wine, soy sauce, sugar) sautéed in sesame oil with garlic and scallions. Served over white rice.

Veal a la Deutch

Cubed veal simmered with peppers, mushrooms, onion, plum tomatoes, red wine and garlic.

Healthier Choice

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Steamed Brown Rice

Tarragon Cherry Tomatoes

HC Tarragon Cherry Tomatoes

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

SATURDAY'S SPECIALS



SOUPS

Portuguese Kale

Sautéed vegetables with kale, kidney beans, potatoes and Chourico simmered in chicken stock.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Pickled Beets & Fennel

Sliced beets and fennel marinated and plated with bibb lettuce.

Healthier Choice ~ no added salt

**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

Scallops Provençale

Sautéed sea scallops with onions, garlic, white wine and simmered in a tomato concasse; fresh parsley garnish.

Healthier Choice

MAIN ENTREES

Stuffed Chicken Breast

Prepared with traditional bread stuffing, pan gravy and served with a side of cranberry sauce.

Healthier Choice ~ Grilled Marinated Chicken Breast

Meat Lover's Pizza

Cauliflower crusted pizza topped with Italian sausage, bacon, pepperoni, mozzarella and marinara sauce.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Quinoa & Vegetables

Creamed Spinach

HC Steamed Baby Spinach

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