



Mid-Day Menu Fall & Winter

Salads

Mixed Greens with Choice of Dressing (GF)
Quinoa Salad with Cranberries, Broccoli, Squash and Candied Walnuts (GF)
Caesar-Traditional or Sundried Tomato (GF)
Broccoli, Grapes, Bacon & Almonds with Poppyseed Dressing (GF)
Chinese Vegetables with Light Asian Vinaigrette (GF)
Mediterranean Couscous with Vegetables
Quinoa & Butternut Squash (GF)
Tortellini and Pepperoni with Sundried Tomato Dressing
Meslun Greens with Mandarin Oranges and Raspberry Vinaigrette(GF)
Fresh Fruit

Soups

Chicken with Fresh Vegetables (GF)
Fresh Vegetables and Ditalini
Cream of Wild Mushroom (GF)
Maryland Crab and Vegetable (GF)
New England Fish Chowder (GF)
Southwestern Corn Chowder (GF)

Side Dishes

Slow Cooked Boston Baked Beans(GF)
Savory Mashed Red Potatoes (GF)
Home-Style Macaroni and Cheese
Red Beans and Rice with Ham Hocks (GF)
Chili, Meat or Vegetarian (GF)
Scalloped Potatoes in a Light Cream Sauce
Couscous with Pignoli and Currants



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Entrees

Assorted Sandwich or Wrap Platter with Condiments
Deli Meat Platter with Breads and Rolls
Lasagna-Meat or Vegetarian
Chicken Marsala
Penne with Spicy Puttanesca Sauce
Spaghetti with Broccoli, Garlic, Prosciutto and Parmesan Cheese
Ricotta Gnocci & Tomato and/or Pesto Sauce
Sundried Tomato Crusted Chicken Breast
Sliced Sirloin in Maderia Sauce
Baked Napa Chicken Breast with Roasted Garlic Puree(GF)
Sauteed Chicken with Red Wine Mustard Sauce
Roasted Chicken Pieces with Apricots and Currants in Fruit Juices(GF)

Desserts

Cinnamon Apple Crisp
Lemon Glazed Cheesecake
Lowfat Mocha Marble Cheesecake(GF)
Chocolate Layer Cake
Almond Joy Cheesecake Squares
Brownies with White Chocolate Chips
Lemon Hazelnut Squares
Oatmeal Chocolate Chip Cookies
Chocolate Trifle
Apple Cake with Maple Cream Cheese Frosting
Maple Cream Cookies
Toasted Walnut Chocolate Cookies

