

# Sample Dining Room Menu

## APPETIZERS

Cod & Clam Chowder

Shrimp Cocktail 

Iceberg Lettuce & Carrots 

Garden Salad 

Fresh Fruit 

Cottage Cheese & Melon Salad

## ENTRÉES

Grilled Swordfish 

*Topped with Fresh Melon Salsa  
and Chopped Cilantro*

Filet of Salmon 

*Served in a Garlic Lemon Butter  
Sauce with Potatoes and Asparagus*

Beef Burgundy

*with Shallots, Mushrooms, Bacon  
and Herbs*

Grilled Chicken Breast 

*Atop Bucatini Pasta with Fresh  
Pomodoro Sauce*

Chicken Broccoli Butternut  
Alfredo

*Seasoned Grilled Chicken and  
Broccoli in a Butternut Alfredo Sauce*


Roasted Potato Vegetable Medley  
*with Zucchini, Carrots, Peppers  
and Herbs*

Pizza of the Week

*Caprese with Fresh Sliced  
Mozzarella and Julienned Basil*

Pasta of the Week

*Penne Pasta with Sautéed  
Asparagus and Heirloom Cherry  
Tomatoes in a Garlic Sauce*

Quiche of the Week 

*Grilled Vegetable and Swiss Quiche*



## DESSERTS

Harvest Cake *Sugar-Free*

NY Cheesecake 

Tiramisu Cake

Mousse Lite *Sugar-Free*

Pumpkin Mousse 

Apple Pie

Ice Cream Sandwich

## SIDES

Italian Side Salad 

Baked Zucchini Salad 

Glazed Carrots

*Dressing Options: Blue Cheese,  
Ranch, Russian, Zinfandel, Raspberry,  
Italian or Balsamic*

 *Heart-Healthy Option*

# Sample Bistro Menu

## BREAKFAST SELECTIONS

Eggs Any Style ♡

Waffles  
with Assorted Fruit

Pancakes  
with Assorted Fruit

Sausage Links

Bacon

Hash Browns or Home Fries

♡ Heart-Healthy Option

## LUNCH SELECTIONS

Grilled Cheese Sandwich  
Add-Ons: Bacon, Tomato

Egg Salad Sandwich or Plate

Tuna Sandwich or Plate ♡

Low-Sodium Turkey Sandwich  
or Plate ♡

6oz Grilled Steak Burger

Steamed Hot Dog

*Additional Sandwich Toppings:  
Lettuce, Tomato, Onion, Pickles*

## SIDES

Potato Chips

Fries

Onion Rings

Coleslaw

Potato Salad

Iceberg Lettuce & Carrots ♡

Garden Green Salad ♡

Soup of the Day

*Dressing Options: Blue Cheese,  
Ranch, Russian, Zinfandel,  
Raspberry, Italian or Balsamic*



## DESSERTS

Mixed Fruit ♡

Cookies

Baked Apples

Assorted Ice Cream  
*Vanilla, Coffee, Chocolate*