

## Soups

French Onion Soup | Chicken Chili Soup ->>>
Pasta Fagioli Soup | Cream of Crab Soup
Clam Chowder Casserole Soup
Greek Lemon Chicken Soup
Beef Barley Soup with Mushrooms
Butternut Squash Soup

### **Salads**

Goat Cheese and Spinach Salad Apple Cranberry Walnut Salad Autumn Chicken Salad
Chicken Caesar Salad Shocken Salad
Cheese Caesar Salad Shocken Salad
Broccoli Apple Salad
Balsamic-Roasted Beet Salad

## **Main Courses**

Chicken Piccata I Braised Lamb Shank
Winter Citrus Butter Salmon ->>> [22]
Creamy White Chicken Chili ->>> Beef Bourguignon
Apple-Stuffed Pork Tenderloin
Halibut with Lemon Butter
Baked Seafood Au Gratin
Herb-Roasted Turkey
Corned Beef and Cabbage ->>>>

# **Vegetables**

Roasted Parsnips \*\*\*\* 

Braised Red Cabbage \*\*\*\* 

Mashed Winter Squash

Roasted Root Vegetables \*\*

Au Gratin Potatoes 

Garlic Spinach 

Baked Squash

Sautéed Mushrooms

### Starch

Butternut Squash Gratin Washroom Risotto

Washroom Risotto

Baked Beans | Buttered Noodles

Baked Potato

Yukon Gold Whipped Potatoes

Basmati Rice

Baked Sweet Potato Wedges

## Always Available

Fresh Fruit Salad Battered French Fries
Amish Pepper Slaw
Cottage Cheese and Fruit

#### **Desserts**

Chocolate Pumpkin Cake
Chocolate Eclairs
Caramel Apple Cake
Ice Cream Sundae
Pear Sorbet
Ice Cream
Tiramisu
Apple Walnut Cake

🗦 good source of fiber 🏜 30 g carbohydrate or less per serving 🔐 reduced sodium 250 mg or less 🗣 healthy brain