

Sample Main Meal Menu Choices  
Served every day at 11:45 in the Dining Room

Main Course

- ❖ Dijon-cruste d Rack-of-Lamb with Whole Grain Mustard-Roasted Potatoes, Parsnips and Brussels Sprouts
- ❖ Pan-charred Atlantic Salmon with Crab and Lemon Butter, Roasted Medley of Tomatoes and Mixed Julienned vegetables
- ❖ Brined Pork Tenderloin with Grilled Smokey Onions, Turmeric-infused Couscous, and Creamed Spinach
- ❖ Grilled Shrimp with Sweet Potato, Spinach and Brown Rice Casserole, Haricot Vert and Sweet & Sour Cabbage
- ❖ Ginger-garlic Cod "en papillote" (cooked in paper) with Napa Cabbage, Bell Peppers and Quinoa.
- ❖ Chicken Parmesan over Pasta with Spinach and Garlic Bread
- ❖ Curried Pork and Vegetable Kebabs with Brown Rice and Avocado
- ❖ Pot Roast with Creamy Mashed Potato, Corn and Whipped Turnip
- ❖ Seafood Cakes with a Small Chef Salad
- ❖ Beef Burgundy over Rice with Green and Wax Beans
- ❖ Roasted Salmon with Honey-Mustard Sauce with Broccoli, Asparagus and Squash
- ❖ Grilled Beef Tenderloin with House Steak Butter, Baked Potato, Asparagus and Green Beans
- ❖ Cranberry-glazed Chicken with Green Beans and Spaghetti Squash
- ❖ Seafood Newburg with Fall Squash and Collard Greens
- ❖ Mediterranean Grilled Chicken with Ratatouille and Pasta
- ❖ Scallops Provencal with New Orleans Rice, Squash and Peas
- ❖ Baked Buttermilk-marinated Chicken over a Hearty Winter Salad
- ❖ Grilled Portobello Mushroom Sandwich with Basil Mayo and Baked Sweet Potato Wedges
- ❖ Apple, Onion and Spinach Quesadilla with Rice, Sour Cream and Guacamole

