

## Entrees

Beef Beef Stroganoff - Mongolian Beef - Classic Meatloaf - Beef Bourguignonne - Pepper Steak - Beef Chili - Beef Carbonnade - Beef Curry & Rice - Mexican Stuffed Shells - Stir Fried Beef & Cashews on Rice - Family Swiss Steak - Sirloin Tips in Mushroom Wine Sauce - Mexican Tortilla Casserole - Mediterranean Beef Stew - Penne with Stir-Fried Beef & Red Bell Peppers - Rancho Beef Stew - Beef & Broccoli with Garlic Sauce - Beef Daube - Beef Burgundy - South American Picadillo - Bootlegger's Beef - Burmese Ginger Beef - Italian Lasagna - Russian Cabbage Rolls

## Chicken

Apricot Glazed Chicken - Coq Au Vin - Parmesan Chicken - Roasted Chicken & Vegetables - Sesame Chicken - Garden Stuffed Potatoes with Chicken - Apple Prosciutto Chicken - Chicken Enchilada Casserole - Basque Stew - Chicken & Pasta Pomodora - Chicken Relleno - Chicken Provencal - Teriyaki Chicken - Braised Chicken w/ Rosemary & Garlic - Tequila Lime Chicken - Amaretto Chicken - Chicken Moussaka - Chicken Tetrizzini - Chicken Della Robia - Tuscan Chicken Rolls - Citrus Tarragon Chicken - Spicy Peanut Chicken and Vegetables - Banana Curried Chicken over Rice - Buffalo Chicken Lasagna - Chicken & Broccoli Pasta Dijon - Chicken Cacciatore - Chicken Florentine - Lemon Chicken with Spinach & Tomato - Georgia Captain Chicken - Madras Chicken - Greek Chicken - Chicken w/ Sweet & Sour Melon Sauce - Chicken Marengo - Bow Ties with Chicken & Cranberries - Hawaiian Chicken - Chicken Vesuvio - Chicken Florentine - Tangy Chicken Breasts w/ Citrus Sage Sauce - Rosemary Chicken w/ Asparagus and Lemon Rice - Chipotle Tamale Pie - Tangy Oven Fried BBQ Chicken - Chicken Diablo - Turkey Jambalaya - Honey Nut Baked Chicken - Spinach Ricotta Chicken Breasts - Hearty Chicken & Shrimp Jambalaya - Festive Turkey Stuffed Peppers -

## Pork

Pork Waldorf - Moroccan Pork - Mexicali Pork Chops w/ Black Beans - Mandarin Pork Stir-Fry - Sesame Pork Salad - Pork w/ Creamy Garlic Sauce - Moroccan Pork Tangine - Thai-Style Pork Kebabs - Ham & Swiss Casserole - German Pork Chops - Pork Chops Coriander w/ Cumin Spice Rub - Roquefort Stuffed Pork Chop - Pork Tenderloin w/ Chipotle Marmalade Sauce - Pork Medallions in Red Wine Sauce - Pork Chop w/ Sweet & Sour Cider Glaze - Housin Braised Pork w/ Mushrooms - Scalloped Pork Chop - Sweet & Sour Pork - Pork Stuffed Eggplant - Orange Glazed Pork Chop - Polynesian Pork Centennial - Sage Parmesan Crusted Pork Chop - Pork Moussaka - Greek Style Pork Stew - Mandarin Magic Pork - Pork Chops w/ Black Beans - Oaxacan Pork Mole' - Oriental Pork Stir-Fry -

## Seafood

Fillet of Flounder Divan - Angel Hair with Sesame Shrimp - Orange Roughly w/ Tarragon Sauce - Cajun Catfish - Sole Romesco - Sole Veronique - Stir-Fried Shrimp & Pea Pods - Sole Gratine' - Angel Hair Pasta w/ Basil & Shrimp - Shrimp Marinara - Seafood Lasagna - Shrimp Stuffed Potato - Fish Fillet on Couscous with Peas - Red Roasted Pepper & Scallop Fettuccini - Crab Cakes & Curry Sauce - Martha's Vineyard Fish Stew Back to Top Pasta Spinach Stuffed Shells - Linguine w/ Paprikash Sauce - Sweet Ricotta & Fusilli - Bakes Mostaccioli - Four Cheese Spinach Lasagna - Linguine & Vegetables in Wine Sauce - Rotini w/ Vegetables - Couscous w/ Leeks, Corn & Olives - Stuffed Manicotti - Pasta Stir Fry - Spaghetti & Meatballs ala Damato - Fettuccini Alfredo Primavera - Macaroni & Cheese - Sausage & Vegetable with Rigatoni - Pronto Pasta

## Meatless

Spinach & Mushroom Quiche - Vegetarian Lasagna - Stuffed Eggplant - Garden Harvest Stuffed Peppers - Garden Stuffed Potatoes - Fresh Vegetables over Couscous - Tex-Mex Barley Bake - Mixed Curry Vegetables - Curried Vegetables and Pasta - Broccoli Bianca - Zucchini, Tomato & Cheese Fritata - Spaghetti Squash Primavera - Vegetables w/ Spicy Peanut Sauce over Brown Rice - Mediterranean Vegetable Stew - Meatless Loaf - Fiesta Burrito Bake - Roasted Pepper Tamale Pie w/ Salsa Colorado

## Elegant Entrees

(additional charge or \$5.00 - \$6.00 per serving)

Beef Tenderloin w/ Scallion Butter - Lamb Osso Bucco - Filet Mignon with Mushroom & Madeira Sauce - Caribbean Rum Pork Roast - Veal Piccata - Dijon Lamb Noisette - Honey Mustard Glazed Swordfish - Feta Stuffed Tuna Steak - Filet Mignon w/ Mustard Port Sauce & Red Onion Confit - Veal Scaloppini w/ Two Mushrooms - Beef Tenderloin on Potato Galetes w/ Mustard

## Low Fat, Low Calorie Entree

Chicken Apple Stuffed Chicken Breasts - Asian Chicken Salad - Garlic Chicken Kiev - Garden Stuffed Potato w/ Chicken - Chicken w/ Garden Vegetables & Brown Rice - Chicken & Broccoli Pasta Dijon - Chicken w/ Sweet & Sour Melon Sauce - Chicken Egg Rolls - Bow Ties w/ Chicken & Cranberries - Banana Curried Chicken - Chicken & Vegetable Casserole - Chicken & Orzo Soup - Russian Turkey Cabbage Rolls - Tequila Lime Chicken - Sesame Chicken - Baked Vegetable Turkey Loaf - Chicken Marsala - Oven Fried Chicken - Curried Chicken & Couscous - Coconut

**Curry Chicken - Shiitake & Chicken Tetrazzini Casserole - Swiss Chard & Turkey Au Gratin - Chickpea & Citrus Chicken Salad - Santa Fe Chicken - Teriyaki Chicken - Chicken Marengo -**

### **Beef**

**Beef in Creamy Mushroom Sauce - Layered Beef Salad - Beef Barley Soup - Japanese Steak Salad w/ Sesame Dressing - Beef & Broccoli w/ Garlic Sauce**

### **Pork**

**Wild Rice & Almond Stuffed Pork Chops - Mexicali Pork Chops w/ Black Bean Salsa - Greek Style Pork Stew over Noodles - Polynesian Pork Centennial - Pork Scaloppini in Lime Sauce - Oriental Pork Stir-Fry -**

### **Seafood**

**Crustless Tuna Casserole - Cajun Seafood & Noodles - Cajun Oven Fried Catfish - Stir-Fried Shrimp & Pea Pods - Calypso Shrimp - Flounder Florentine - Angel Hair Pasta w/ Basil & Shrimp - Garlic Shrimp over Rice -**

### **Meatless**

**Chili Baked potato - Zucchini & Spinach Bake - Hearty Bean & Macaroni Stew - Lower Fat Italian Lasagna - Baked Ziti & Bean Casserole - Spinach & Cheese Manicotti - Penne in Marinara - Sun Dried Tomatoes & Pasta w/ Cheese - Vegetable Manicotti - African Vegetable Stew - Moroccan Bulgur Mix - Angel Hair Pasta w/ Basil & Vegetables - Creamy Quinoa Primavera - Vegetarian Shepherd's Stew - Baked Eggplant w/ Two Cheeses - Broccoli & Cheese Calzone - Bow Ties w/ Spinach & Cranberries - Double Spinach Fettuccini - Lentil Stew -**

### **LOWER Fat**

**Vegetable Pizza - Cheddar, Egg & Rice Bake - Cajun Bean Patties w/ Tomato Basil Sauce**

### **Side Dish Selections**

**Vegetable Garden Stuffed Potato - Zucchini & Spinach Bake - Glazed Carrots - Grecian Green Beans - Herbed Brussels Sprouts & Carrots - Creamy Dilly Peas - Spicy Cauliflower - Brown Sugar Baked Beans - Couscous w/ Leeks, Corn & Olives - Spicy Red Beans & Rice - Ratatouille - Squash with Apples - Orzo w/ Feta, Green Beans & Tomatoes - Walnut**

**Green Beans - Sauteed Broccoli, Cauliflower & Red Onion - Herbed Broccoli - Green Beans Provencal - Tarragon-Orange Carrots - Green Beans & Red Pepper w/ Almonds - Orange Glazed Squash w/ Sesame - Cauliflower Piquante - Vegetables w/ Linguine in Wine Sauce - Curried Acorn Squash - Lemon Rosemary Green Beans - Succotash - Broccoli & Cauliflower w/ Lemon, Chive & Mustard Butter - Kale w/ Sauteed Apple & Onion - Broccoli w/ Lemon & Red Pepper Flakes - Winter Squash w/ Browned Butter & Rosemary - Buttery Peas Carrots - Tomato Zucchini Casserole Steamed choice of Vegetables- Sauteed Green Beans, Red Peppers & Garlic - Broccoli w/ Creamy Lemon Sauce - Sassy Zucchini & Salsa - Green Bean Casserole - Green Pea & Rice Almondine - Gingered Acorn Squash - Carrots in Butter Wine Sauce - Steamed Spinach w/ Garlic & Red Onion Noodle,**

### **Pasta, Potato, Rice, Bean Buttered Noodles**

**Parmesan Potato Pave - Cuban Black Beans & Rice - Orange Sweet Potatoes w/ Oatmeal Cookie Topping - Potatoes Jackson - Spanish Rice - Potato & Mushroom Gratin - Cumin Potatoes - Orzo w/ Feta, Green Beans & Tomatoes - Baked Sweet Potato Fries - Glazed Sweet Potatoes - Delmonico Potatoes - Steamed Jasmine Rice - Garlic Mashed Potatoes - Macaroni & Cheese - Classic Mashed Potatoes Vegetable Rice Pilaf - Roasted Sweet Potatoes w/ Honey Glaze - Tarragon Rice Pilaf - Baby Potatoes w/ Parsley & Lemon Butter - Chinese Fried Rice - Au Gratin Potatoes - Cranberry Sweet Potatoes - Penne in Marinara Sauce - Japanese Steamed Rice - Hashbrown Casserole - Kobbari Annamu (coconut rice) - Oriental Rice Pilaf - Rice Con Queso - Savory Black-Eyed Peas - White Rice & White Bean Medley - Buttery Noodles - Pisto de Vegetables - Rice con Queso - Spanish Potatoes - Fusilli w/ Roasted Pepper & Onion - Hashbrown Casserole - Coconut Rice - Oriental Rice Pilaf - Wild Rice & White Bean Medley - Spirited Sweet Potato Casserole - Potato Gnocchi - Penne w/ Cabbage, Tomato & Blue Cheese**

### **Soups**

**Russian Vichyssoise - Corn Chowder w/ Red Pepper - Cajun Gumbo - Spicy African Chickpea & Sweet Potato Stew - Albondigas - Vegetable - Cheddar Tomato - Mushroom Barley - Spicy Black Bean - Minestrone - French Onion - Chunky Chicken Noodle - Pasta Fagioli - Chilled Zucchini**

### **Salads**

**Fresh Mixed Greens w/ Raspberry Vinaigrette - Waldorf - Asian Chicken - Vegetables Vinaigrette - Carrot - Chicken & Almond w/ Grapes - Tomato Jack - American Potato - Vinaigrette Chicken & Spinach - Curried Chicken**

**Rice - Cumin Potato - Cole Slaw**

### **Desserts**

**Key Lime Cheesecake - Bavarian Apple Torte - Raspberry Crowned  
Chocolate Almond Torte - Orange Glazed Poppy Seed Torte - Chocolate  
Marble Cheesecake - Carrot Cake w/ Cream Cheese Frosting - Chocolate  
Caramel Pecan Cheesecake - Layered Frozen Mousse Torte - Black Bottom  
Cheesecake Cups - Chocolate Walnut Fudge - White Chocolate Bread  
Pudding - Fresh Berry Creme Brulee**

### **Lunch Menu**

**Classic BLT - Tuna Salad Pita Pocket - Chicken And Tomato Wrap -  
Chicken Salad w/ Grapes and Almonds - Sesame Pork Salad -  
Mediterranean Pasta Salad - Chicken Fajita Salad - Grilled Cheese &  
Tomato Sandwich - The Californian - Tuna Salad Sandwich - Hearty Pizza  
Hero - Goat Cheese & Chicken Quesadilla w/ Roasted Red Pepper Sauce -  
Curried Chicken Rice Salad - Pasta Salad w/ Mozzarella, Sun-Dried  
Tomatoes & Olives - Tropical Salad - Cobb Salad - Tomato Jack & Chicken  
Salad - Vinaigrette Chicken & Spinach Salad - Japanese Salad w/ Sesame  
Dressing - Chef Salad**

### **BBQ Ready Items**

**Pork & Pineapple Kebabs w/ Sweet & Sour Sauce - Vegetarian Sausages -  
Bacon & Scallop Skewers - Honey Glazed Pork Chop - Classic BBQ  
Chicken Breast - Beer Simmered Brats or Italian Sausage - Grilled Fish w/  
Orange Fennel Salsa - Indian Charred Chicken w/ Cucumber Raita - Grilled  
Shrimp w/ Roasted Garlic-Herb Sauce - Dijon & Tarragon Chicken - Sesame  
Chicken Brochette w/ Cranberry Sauce - Grilled Mozzarella Cheeseburgers  
w/ Dried Tomato & Arugula Pesto - Ham & Peach Kebabs w/ Marinated  
Mustard Glaze - Grilled 6-Spice Chicken**