

# SEPTEMBER Lunch Menu

## 2 Sunday

**SOUP** Cream of Tomato  
**MAIN** Grilled Cheese Sandwich  
*OR* Seared Salmon *OR* Black Bean Burger with Cheese\* *OR* Asian Vegetable Stir Fry with Green Onion\*  
**DESSERT** Honeydew & Mint

## 9

**SOUP** Corn Chowder  
**MAIN** Roasted Vegetable Sandwich *OR* Chicken Caesar Salad *OR* Berry Pancakes\* *OR* Seared Salmon Pasta Salad\*  
**DESSERT** Honey Cake

## 16

**SOUP** Potato & Leek  
**MAIN** Roast Turkey on Brioche *OR* Vegetable Strata *OR* Lox Plate with Cream Cheese Bagel\* *OR* Vegetable Strata\*  
**DESSERT** Red Grapes

## 23

**SOUP** Cream of Mushroom  
**MAIN** Salmon Salad Croissant *OR* Grilled Vegetable Sandwich *OR* Maple Pancakes\* *OR* Spanakopita\*  
**DESSERT** Fruit Salad

## 30

**SOUP** Mulligatawny  
**MAIN** Lemon Chicken Sandwich *OR* Maple Pancakes with Whipped Cream *OR* Vegetarian Pizza\* *OR* Macaroni & Cheese\*  
**DESSERT** Fruit Cup

## 3 Monday

**SOUP** Vegetable Rice  
**MAIN** Seafood Salad Croissant *OR* Asian Vegetable Stir Fry *OR* Grilled Cheese\* *OR* Chimmichurri Salmon\*  
**DESSERT** Baked Apple with Caramel Sauce

## 10

**SOUP** Minestrone  
**MAIN** Roast Beef Sandwich *OR* Vegetable Egg Frittata *OR* BBQ Tofu, Lettuce & Tomato Sandwich\* *OR* Vegetarian Lasagne\*  
**DESSERT** Honey Apple Cake

## 17

**SOUP** Cream of Broccoli  
**MAIN** Veggie Burger *OR* Spanikopita *OR* Spinach Mushroom Crepes\* *OR* Grilled Cheese & Tomato Sandwich\*  
**DESSERT** Rainbow Fruit Salad

## 24

**SOUP** Vegetable Lentil  
**MAIN** Grilled Cheddar Sandwich *OR* Fish Sticks & French Fries *OR* Vegetarian Pizza\* *OR* Potato Latkes\*  
**DESSERT** Yogurt & Berries

## 4 Tuesday

**SOUP** Tuscan Garbanzo  
**MAIN** Beef Dip Sandwich with Au Jus *OR* Grilled Trout with Lemon *OR* Italian Smoked Meat\* Sandwich *OR* Meat Lasagna\*  
**DESSERT** Tiramisu Parfait

## 11

**SOUP** Split Pea  
**SALAD** Israeli Salad\*  
**MAIN** Grilled Cheese Sandwich *OR* Tuna Salad Plate *OR* Holishkes\* *OR* Shakshuka\*  
**DESSERT** Honey Apple Cake

## 18

**SOUP** French Onion  
**MAIN** Lime Dill Tuna Sandwich *OR* Falafel Sliders *OR* French Tartiflette\* *OR* Strawberry Crepes\*  
**DESSERT** Chocolate Mousse *OR* Vanilla Bavaois\*

## 25

**SOUP** Carrot & Ginger  
**MAIN** Egg Salad Sandwich *OR* Chickpea Tagine *OR* Vegetable Curry Stir Fry\* *OR* Lemon Chicken Sandwich\*  
**DESSERT** Tapioca Pudding

## 5 Wednesday

**SOUP** Borscht with Sour Cream  
**MAIN** Lime Dill Tuna Sandwich *OR* Vegetable Strudel with Tarragon Cream *OR* Smoked Salmon Sandwich\* *OR* Veggie Strudel\*  
**DESSERT** Fresh Grapes

## 12

**SOUP** Cream of Tomato  
**MAIN** Chicken Salad on Brioche *OR* Turkey Chili *OR* Salmon Salad Croissant\* *OR* Potato Latkes with Apple Sauce\*  
**DESSERT** Blueberry Loaf

## 19

**SOUP** Cream of Cauliflower  
**MAIN** BBQ Chicken Sandwich *OR* French Toast with Apple Sauce *OR* Falafel Pita Pockets\* *OR* Apple French Toast\*  
**DESSERT** Cupcakes

## 26

**SOUP** Vegetable Rice  
**MAIN** Deli Turkey Sandwich *OR* Tuna Salad Platter *OR* Salmon Salad Sandwich\* *OR* Pasta Primavera with Red Pepper\*  
**DESSERT** Fresh Grapes

## 6 Thursday

**SOUP** Lentil Soup  
**MAIN** Pastrami on Rye *OR* Broccoli Cheddar Quiche *OR* Vegetarian Pizza\* *OR* Baked Spinach Florentine\*  
**DESSERT** Fruit Cup

## 13

**SOUP** White Bean  
**MAIN** Veggie Burger *OR* Three Cheese Quiche *OR* Egg Salad Sandwich\* *OR* Penne with Tomato Sauce\*  
**DESSERT** Strawberries & Cantaloupe

## 20

**SOUP** White Bean  
**MAIN** Salmon Salad Sandwich *OR* Garden Chili *OR* Baked Cheese Sandwich with Salsa\* *OR* Herb Baked Tilapia\*  
**DESSERT** Banana Yogurt

## 27

**SOUP** Borscht *OR* Pepper Cabbage\*  
**MAIN** Pastrami on Rye *OR* Falafel Hummus *OR* Veggie Burger\* *OR* Mediterranean Salad\*  
**DESSERT** Vanilla Mousse

## 7 Friday

**SOUP** Butternut Squash Soup  
**MAIN** Egg Salad on Brioche *OR* Fish Sticks *OR* Tuna Salad Sandwich with Lemon\* *OR* Zucchini Frittata\*  
**DESSERT** Poached Pears *OR* Mandarin Orange\*

## 14

**SOUP** Autumn Pumpkin  
**MAIN** Egg Salad on Brioche *OR* Penne Primavera *OR* Homemade Knishes with Italian Herbs\* *OR* Mushroom Quiche\*  
**DESSERT** Mandarin Orange

## 21

**SOUP** Pepper Cabbage Soup  
**MAIN** Roasted Vegetable Sandwich *OR* Macaroni & Cheese *OR* Tuna Sandwich\* *OR* Garden Chili\*  
**DESSERT** Cantaloupe & Strawberries

## 28

**SOUP** Minestrone  
**MAIN** Philly Cheese Sandwich *OR* Potato & Cheese Frittata *OR* Egg Salad Sandwich\* *OR* Lemon Pepper Salmon\*  
**DESSERT** Pineapple & Chocolate

## 1 Saturday

**SOUP** Vegetable Rice Soup  
**SALAD** Chef's Choice Salad\*  
**MAIN** Tofu Sandwich *OR* Potato Pancakes *OR* Vegetable Frittata\* *OR* Smoked Salmon Bagel\*  
**DESSERT** Pineapple & Chocolate

## 8

**SOUP** Red Pepper & Tomato  
**SALAD** Chef's Choice Salad\*  
**MAIN** BBQ Beef Burger *OR* Tortellini in Tomato Sauce *OR* Falafel Pita Pockets\* *OR* Broccoli Cheddar Quiche\*  
**DESSERT** Lemon Mouse

## 15

**SOUP** Chicken Noodle  
**SALAD** Waldorf Salad\*  
**MAIN** Smoked Salmon Bagel *OR* Cabbage Rolls & Perogies *OR* Egg Salad Sandwich\* *OR* Vegetable Frittata\*  
**DESSERT** Watermelon & Blueberry

## 22

**SOUP** Mulligatawny  
**SALAD** Chef's Choice Salad\*  
**MAIN** Chicken Burger *OR* Mushroom Salad *OR* Penne Marinara\* *OR* Mushroom Salad\*  
**DESSERT** Pears or Brownie\*

## 29

**SOUP** Cream of Chicken  
**SALAD** Chef's Choice Salad\*  
**MAIN** Falafel Pita Pocket *OR* Grilled Salmon *OR* Salmon Salad Croissant\* *OR* Cheese Frittata\*  
**DESSERT** Banana & Orange

Menu subject to change  
 Brunch date to be determined





# SEPTEMBER Dinner Menu

## 2 Sunday

**SALAD** Mixed Greens  
**SOUP** Borscht\*  
**MAIN** Chimmichurri Chicken Thigh **OR** Breaded Tilapia **OR** BBQ Braised Short Ribs\* **OR** Cajun Salmon\*  
**DESSERT** Chocolate Brownie

## 3 Monday

**SALAD** Spinach  
**MAIN** Rotini in Meat Sauce **OR** Chicken Stew **OR** Salisbury Steak\* **OR** Apple Chicken Sandwich\*  
**DESSERT** Pear Crisp

## 4 Tuesday

**SOUP** Tomato Basil\*  
**MAIN** BBQ Beef Short Ribs **OR** Egg Salad Platter with Tomato & Cucumber **OR** BBQ Mini Burger\* **OR** Italian Bean Stew\*  
**DESSERT** Fruit & Custard

## 5 Wednesday

**SALAD** Pear Waldorf  
**MAIN** Baked Chicken Breast **OR** Breaded Cod **OR** Lazy Cabbage Rolls\* **OR** Roasted Turkey Sandwich  
**DESSERT** Chocolate Hazelnut Cake

## 6 Thursday

**SALAD** Garlic Chickpea  
**SOUP** Vegetable Rice\*  
**MAIN** Pot Roast Beef **OR** Spinach & Cheese Manicotti **OR** Grilled Salmon\* **OR** Meat Pie  
**DESSERT** Cantaloupe & Honeydew

## 7 Friday

**SOUP** Beef & Barley **OR** Chicken Matzo Ball\*  
**MAIN** Lamb Tagine **OR** Maple Dijon Salmon **OR** Roasted Lamb\* **OR** Grilled Veggie Skewers\*  
**DESSERT** Maraschino Cherry Loaf

## 1 Saturday

**SALAD** Tossed Salad  
**MAIN** Cabbage Rolls **OR** Liver & Onions **OR** BBQ Chicken Sandwich\* **OR** Moroccan Vegetable Stew\*  
**DESSERT** Chocolate Mousse

## 8

**SALAD** Tossed  
**MAIN** Southern Baked Chicken **OR** Chicken Apple Salad **OR** Pot Roast Beef with Horseradish & Gravy\* **OR** Chicken Kebabs\*  
**DESSERT** Fresh Strawberries

## 9

**SALAD** Tossed  
**SOUP** Borscht\*  
**MAIN** Teriyaki Chicken **OR** Herb Crusted Salmon **OR** Chicken Salad\* **OR** Honey Soy Grilled Salmon\*  
**DESSERT** Pineapple & Banana

## 10

**SOUP** Kale Caesar **OR** Garden Rainbow\*  
**MAIN** Tuscany Turkey Breast **OR** Shepherd's Pie **OR** Chicken Burger\* **OR** Corned Beef Sandwich\*  
**DESSERT** Lemon Tart

## 11

**SOUP** Florentine Soup **OR** Vegetable Egg Drop\*  
**MAIN** Beef Burgundy **OR** BBQ Chicken **OR** Hameen\* **OR** Sephardic Moroccan Fish\*  
**DESSERT** Chocolate Chickpea Cake **OR** Kichel\*

## 12

**SALAD** Tossed  
**MAIN** Butter Chicken **OR** Valencia Basa **OR** BBQ Chicken with Home Fries\* **OR** Egg Salad Sandwich\*  
**DESSERT** Cinnamon Mango Bread Pudding

## 13

**SALAD** Garden **OR** Kibbutz\*  
**MAIN** Orange Beef Stir Fry **OR** Homemade Vegetarian Lasagne **OR** Orange Beef Stir Fry\* **OR** Pastrami on Rye with Whole Wheat Roll\*  
**DESSERT** Blueberry Tart

## 14

**SOUP** Italian Vegetable **OR** Matzo Ball\*  
**MAIN** Steak **OR** Vegetable Napoleon **OR** Beef Brisket with Noodle Kugel\* **OR** Chicken Curry\*  
**DESSERT** Umali **OR** Strawberry Angel Food Cake\*

## 15

**SALAD** Tossed  
**MAIN** Caprese Chicken **OR** Salisbury Steak **OR** Italian Smoked Meat Sandwich\* **OR** Beef Cholent with Whole Wheat Roll\*  
**DESSERT** Baked Apple with Raisins

## 16

**SALAD** Tomato Basil  
**SOUP** Vegetable\*  
**MAIN** Veal Roulade **OR** Cheese Tortellini **OR** Roasted Turkey Breast\* **OR** Beef Steak\*  
**DESSERT** Fresh Fruit Cup

## 17

**SALAD** Beet **OR** Tomato\*  
**MAIN** Fish Burger **OR** Chicken Wings **OR** Grilled Salmon with Lemon\* **OR** Penne Pasta with Herbed Vegetables\*  
**DESSERT** Blueberry Cobbler

## 18

**SOUP** Chicken & Rice  
**MAIN** Roast Chicken **OR** Corned Beef **OR** Poulet de Provençal\* **OR** Beef Bourguignon\*  
**DESSERT** Coconut Cake **OR** Meringue Fruits\*

## 19

**SALAD** Carrot & Pineapple  
**MAIN** Rotini in Meat Sauce **OR** Orange Baked Tilapia **OR** Rotini in Meat Sauce\* **OR** Seared Salmon with Lemon Butter Sauce\*  
**DESSERT** Cranapple Crunch

## 20

**SALAD** Romaine  
**MAIN** Meatloaf with Onion Gravy **OR** Chicken Thigh **OR** Stuffed Bell Pepper\* **OR** Chicken Adobo with Broccoli\*  
**DESSERT** Chocolate Mousse

## 21

**SOUP** Roasted Red Pepper **OR** Chicken Matzo Ball\*  
**MAIN** Seared Haddock **OR** Shepherd's Pie **OR** Roasted Lamb\* **OR** Trout Caprese\*  
**DESSERT** Apple Honey Cake

## 22

**SALAD** Caesar  
**MAIN** Turkey Al a King with Sage **OR** Baked Basa with Lemon **OR** Shepherd's Pie\* **OR** BBQ Chicken Sandwich\*  
**DESSERT** Watermelon & Mint

## 23

**SALAD** *Resident's Choice TBD*  
**SOUP** Chicken\*  
**MAIN** *Resident's Choice TBD* **OR** Turkey Dinner\* **OR** Grilled Trout Almandine\*  
**DESSERT** *Resident's Choice TBD* **OR** Honeydew & Mint\*

## 24

**SALAD** Tossed  
**MAIN** Teriyaki Chicken **OR** Traditional Beef Stew **OR** Chicken Teriyaki with Green Onion\* **OR** Vegetable Pot Pie\*  
**DESSERT** Apple Loaf

## 25

**SOUP** French Onion **OR** Asian Tofu\*  
**MAIN** Penne Alfredo **OR** Herbed Baked Trout **OR** Ginger Beef\* **OR** Chicken Stir Fry\*  
**DESSERT** Mango Coconut Rice Pudding

## 26

**SALAD** Tossed  
**MAIN** BBQ Beef Short Ribs **OR** Breaded Cod **OR** Vegetable Quiche\* **OR** Pot Roast & Gravy\*  
**DESSERT** Yellow Cake & Icing

## 27

**SALAD** Coleslaw **OR** Carrot & Celery Sticks\*  
**MAIN** Thai Curry with Cilantro **OR** Vegetable Lasagne **OR** Stuffed Bell Pepper\* **OR** Chicken Jambalaya\*  
**DESSERT** Carrot Cake

## 28

**SOUP** Cream of Potato Dill **OR** Chicken Matzo Ball\*  
**MAIN** Roast Beef & Yorkshire Pudding **OR** Pesto Baked Tilapia **OR** Beef Kebabs\* **OR** Roast Chicken\*  
**DESSERT** Watermelon & Blueberries

## 29

**SALAD** Tomato Cucumber  
**MAIN** Sweet & Sour chicken **OR** Tomato Baked Portobello Mushroom **OR** Vegetable Lasagne\* **OR** Hot Beef Sandwich\*  
**DESSERT** Angel Food Cake

## 30

**SALAD** Broccoli  
**SOUP** Vegetable\*  
**MAIN** Breaded Tilapia **OR** Chicken Mango Salad Plate **OR** Quinoa Chicken Tenders\* **OR** Roasted Salmon\*  
**DESSERT** Baked Apple

Menu subject to change  
 Brunch date to be determined

