

# SAMPLE DINNER MENU

## SOUPS OF THE DAY

CHICKEN VEGETABLE CHOWDER  
ONION SOUP WITH CHEESY CROUTONS

## SALAD APPETIZER

WALDORF SALAD  
HOUSE SALAD

## ENTREES

### CHEF'S SPECIAL

CHICKEN "COQ AU VIN"

Tender Chicken Thighs with Mushrooms and White Wine Sauce

### OTHER ENTREES

PASTA FAGIOLI

Ditalini Pasta with Garlicky White Beans  
(Whole grain pasta available upon request)

GRILLED OR POACHED SALMON

BAKED CHICKEN

(White or dark meat available)

ITALIAN STYLE FRITTATA

(Can also be made with egg whites)

CHICKEN FAJITA

Peppers, Onions, and Sliced Chicken Served with Flour Tortilla

HOMEMADE BLACK BEAN BURGER

Served on Toasted Whole Wheat Kaiser Roll

### ACCOMPANIMENTS

BAKED POTATO ~ BAKED SWEET POTATO ~ MASHED POTATOES  
CHEF'S SPECIALTY RICE DISH ~ ROASTED ROOT VEGETABLES  
CANDIED ACORN SQUASH ~ STEAMED PEAS