



**BRAIN HEALTHY
COOKING**

Sample Spring & Summer Dining Menu

*Featuring Recipes from our Award-Winning
Brain Healthy Cooking Program*

Lunch

STARTERS

New England Clam Chowder
Classic Caesar Salad with Herb Croutons and Parmesan

ENTRÉE

Poached Salmon over greens with Garden Vegetables

Vegetarian Crimini, Bella, & Shitaki Mushroom Stroganoff over
Curly egg noodles with Roasted Mixed Vegetables

DESSERT

Yogurt Parfait with Honey and Fresh Berries
Oatmeal Cookie with Dark Chocolate and Cranberries

Dinner

STARTERS

Caramelized Onion Soup with Croutons
Roasted Tomato Soup with Basil
Traditional Garden Salad with Your Choice of Dressing
Mandarin Orange and Baby Greens Salad with Citrus
Vinaigrette

ENTRÉE

Fresh Caught Haddock Fillet with Mango Salsa, Vegetable Israeli
Couscous, Yellow Squash with Tarragon oil

Herb Roasted Statler Chicken Breast, with tri-color Fingerling
Potatoes, Rainbow Swiss Chard, Baby Carrots

Vegetarian Grilled Skewers with Couscous, Stewed Kale and
Tomatoes

DESSERT

Yogurt Panna Cotta with Macerated Berries