



**BRAIN HEALTHY  
COOKING**

# Sample Fall & Winter Dining Menu

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

## Lunch

### STARTERS

Seafood Chowder

Fresh Crab Cakes with Lemon Aioli

### ENTRÉE

Turkey Burger with Cranberry Mayo, Four Bean Salad &  
Cinnamon Inspired Broccoli Coleslaw

Baked Haddock Florentine with Vegetable Quinoa, Sauteed  
Spinach with Tomatoes

### DESSERT

Yogurt Parfait with Honey and Fresh Berries

Oatmeal Cookie with Dark Chocolate and Cranberries

## Dinner

### STARTERS

Zesty Lemon Chicken with Orzo pasta soup

Hearty Vegetable with White Bean Soup

Mandarin Orange and Baby Greens Salad with Citrus  
Vinaigrette

### ENTRÉE

Poached Atlantic Salmon with Baby Spinach, Roasted Garlic  
Potatoes, and Glazed Carrots

Pomegranate Glazed Chicken with Grilled Israeli Couscous  
and Fresh Steamed Broccoli

### DESSERT

Warm Apple and Cranberry Crisp with French Vanilla Ice  
Cream and a Sprinkle of Cinnamon