



**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 and Orzo Soup

Hearty Vegetable and 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

Vegetarian Moroccan Eggplant with Rice, Roasted Vegetables

### DESSERT

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