



**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

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 Filet with Mango Salsa, Vegetable
Israeli Couscous, Fresh Wilted Baby Spinach, Yellow Squash with
Tarragon oil

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

DESSERT

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