

## OCTOBER 2014 MENU

## Week of October 6-10, 2014

Entrées
Choice of
Broiled Idaho Rainbow Trout
or
Grilled Fulton Valley Farm Free Range Chicken Breast with your choice of sauce;
Pecan Sage Brown Butter; Lemon Herb Butter; Shiitake Mushroom Sauce or
Thai Coconut Curry with Kabocha Squash, Mushrooms and Sweet Peppers
all served with
Jasmine Rice
Omelette
Spinach, Bacon and Cheese
Soup
Corn Chowder with Applewood Smoked Bacon

Week of October 13-17, 2014
Entrées
Choice of
Grilled Gulf Shrimp
or
Grilled Fulton Valley Farm Free Range Chicken Breast
with your choice of sauce;
Smoked Paprika, Garlic and Lemon Olive Oil; Peach Tomato and Sweet Onion Salsa;
Arugula Walnut Pesto

# or <br> Eggplant Parmesan <br> all served with <br> Couscous and Sautéed Seasonal Vegetables 

## Omelette

Artichoke Hearts, Leeks and Cheese \$6.95
Soup
Lentil$\$ 3.50$

Week of October 20-24, 2014
Entrées
Broiled Sturgeon
or
Grilled Fulton Valley Farm Free Range Chicken Breast with your choice of sauce;
Roasted Garlic Cream; Lemon, Fresh Oregano and Garlic; Mustard Dill Sauce
or
Swiss Chard and Mushroom Strudel
all served with
Roasted Yukon Gold Potatoes and Broiled Tomato

## Omelette

Eggplant, Tomato, and Feta Cheese\$6.95

Soup
Tomato Basil\$3.50

Week of October 27-31, 2014
Entrées
Grilled Hawaiian Ono
or
Grilled Fulton Valley Farm Free Range Chicken Breast with your choice of sauce;
Olive Tapenade; Lime Chili Vinaigrette; Sherry Tomato
or
Autumn Vegetable Tian with Zucchini, Tomatoes, Red Potatoes and Gruyère Cheese
all served with
Rice Pilaf with Sautéed Blue Lake Green Beans
Omelette
Avocado, Salsa, and Cheese
Soup
Ribollita (White Beans with Fresh Vegetables, Sourdough Croutons, and Parmesan

