SAMPLE MENU

The Abernethy and Atwater Dining Rooms

STARTERS

Spinach Salad ◊
Fresh Baby Spinach Topped with Sliced Mushrooms and Red Onion
Grilled Citrus Shrimp
Drizzled with Balsamic Vinaigrette
Salad Plate
Grilled Citrus-Marinated Shrimp Over Mixed Field Greens, Tomatoes and Black Olives, Served with a Fresh-Baked Dinner Roll
Caesar Salad
Fresh-Cut Romaine Lettuce Tossed with Crisp Garlic Croutons, Parmesan Cheese and Creamy Caesar Dressing
Chicken Noodle
Our Classic Homemade Chicken Stock Simmered with Chicken, Carrots, Celery, Onion and Egg Noodles
Seafood Chowder
A Rich and Creamy Chowder with Shrimp, Clams, Cod and Potatoes
Lentil Soup
This Healthy, Hearty Homemade Soup Always Satisfies!

ENTRÉES

Stuffed Flounder
Flounder Fillet Stuffed with Fresh Baby Spinach and Garlic, Served with a Lemon Butter Sauce
Normandy Pork Loin
Roasted Pork Loin Marinated with Apples, Ginger, Onion and Soy, Served with Gravy and Applesauce
Stuffed Shells Marinara
Stuffed with Ricotta and Parmesan Cheese, Served with Garlic Bread
Herb-Roasted Chicken Breast
Seasoned with Rosemary and Parsley and Slow-Roasted
Vegetable Pizza
Topped with Assorted Fresh Vegetables and Mozzarella Cheese, Served with a Side Salad

LIGHTER FARE

Chicken Caesar Wrap
Grilled Chicken Breast with Romaine Lettuce, Parmesan Cheese and Caesar Dressing
Ham and Spinach Frittata
Egg Custard Baked with Ham, Spinach, Potatoes and Cheese
Turkey Sandwich
Made on Your Choice of Bread with Lettuce and Cranberry Mayo

SIDES

Oven-Roasted Potatoes
Roasted Cauliflower ◊
Brussels Sprouts ◎
Baked Sweet Potato
Mixed Vegetables
Corn Squash

DESSERTS

Boston Cream Pie
Fresh-Baked Apple Pie
Fresh-Baked Chocolate Cupcake with Our Homemade Peanut Butter Frosting
Lemon Mousse

Special requests honored upon request.

◊ = vegetarian
◎ = vegan