



# SAMPLE MENU

## The Abernethy and Atwater Dining Rooms

### STARTERS

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

### ENTRÉES

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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

### SIDES

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Oven-Roasted Potatoes	Roasted Cauliflower (VG)
Brussels Sprouts (VG)	Baked Sweet Potato
Mixed Vegetables	Corn Squash

### LIGHTER FARE

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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

### DESSERTS

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

Special requests honored upon request.

(VG) = vegetarian

(V) = vegan

