9/13/2025	9/14/2025	9/15/2025	9/16/2025	9/17/2025	9/18/2025	9/19/2025	(Not Available on Wednesday or Sunday)
SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALWAYS AVAILABLE
Soup of the day							
Hearty Garbanzo Bean & Tomato Soup	SUNDAY BRUNCH	Hearty Chicken Noodle Soup	Hearty Minestrone Soup	Creamy Tomato Florentine	Homestyle Beef Barley	Sweet Corn & Potato Chowder	Chicken Bouillion
Salad of the Day							Salad of the Week
Kale, Carrot & Brussel Sprout Slaw with Honey Mustard Dressing	Plank Smoked Salmon Plate or Fruit, Berries & Cottage Cheese	Garbanzo Bean , Spinach & Red Onion	Heirloom Tomato Salad w Red Onion & Olives	Citrus Spelt & Vegetable Salad	Mixed Green Salad with House Made Tarragon Dressing	Marinated Button Mushroom Red Pepper & Olive Salad	Chopped Iceberg Garden Salad
Today's Entrees							Pasta
Grilled German Knockwurst with Sauerkraut & Sweet Onions	Maine Blueberry Filled Pancakes	Braised Lamb Tika Masala	Crispy Chicken Parmesan	Sauteeded Veal Punta Nesca	Braised Beef Ravioli w Roasted Tomato Sauce	Grilled Beef Tenderloin with Portobello Demi Glace	Bucatini Pasta with Marinara or Pesto
florentino cauliflower & roasted fingerling potatoes	sliced cantelope & sausage patty	curried cauliflower & Steamed Basmati Rice	steamed green beans with bucatini pasta	Sauteed Black Kale & Olive Oil Parmesan Roasted Potato	seasonal vegetable medley with breadstick	herb topped tomato au gratin & roasted new potato	Chicken
Roasted Honey Mustard Norwegian Salmon	Brioche French Toast w Fresh Berry Medley	Petite Grilled Sirloin Steak	Baked Cod Oreganata	Rosemary Prosciuoto Stuffed Pork Loin	Grilled Swordfish Filet w Butter Parsely Sauce	Chicken Coq au Vin	Rosemary Grilled Chicken Breast
florentino cauliflower & roasted fingerling potatoes	Canadian Bacon	seasoned yellow squash & Idaho Baked Potato	roasted carrots with steamed green beans	Garlic Broccoli & Olive Oil Parmesan Roasted Potato	buttered peas with toasted farro & quinao pilaf	buttered haricot vert & roasted new potato	mashed potato and steamed carrots
Homestyle							Fish
Lemon Pepper Turkey Breast	Lemon Pepper Pork Loin	Indian Butter Shrimp (buttery tomato cream sauce)	Baked Ricotta Cavatelli	Homemade Eggplant Parmesan	Fresh Dill & Garlic Cornish Hens	Penne Tossed with Shrimp, Fresh Plum Tomato ,Olives Arugala & Garlic	Atlantic Cod Filet
yellow and green squash medley & roasted fingerling potatoes	steamed sweet carrots & shredded potato souffle	seasoned yellow squash & steamed basmati rice	topped with mozzarella garlic knot w steamed green beans	garlic broccoli & angel hair pasta	buttered peas with toasted farro & quinao pilaf	garlic bread	lemon white wine with sweet potato and steamed green beans
Healthy Choice							Burger
Sir Fried Chicken Mushrooms, Sweet Red Pepper & Snap Peas		Pesto Grilled Chicken Breast on Foccacio	Grilled Halloumi Cheese Salad	Lemon Pepper Baked Filet of Sole	Tuscan Portobello Bolognese	Hunan Shrimp W Buckwheat Noodles	Angus Beef Burger
ginger teriyaki glaze with Brown Rice w Edamame Dumpling		fresh mozzarella ,baby spinach , tomato & pesto mayonaise with eggplant fries	crisp greens,cucumber,grape tomato , kalamata olives & Lemon Oregano	sauteed Black Kale baked sweet potato	Penne Pasta with fresh mozzarella & basil marinara sauce	sauteed with mushrooms, scallions & broccoli with vegetable spring roll	lettuce, tomato & red onion on a soft roll
Desserts							Desserts
NSA Cheesecake	Chocolate Eclair	Creamy Rice Pudding	Italian Tiramisu	NSA Fruit of the Forest Pie	Chocolate Fudge Layer Cake	Georgia Peach Pie	Banana / Orange / Apple
Lemon Burst Square	English Scone w Currants	Chocolate Truffle Cake	Golden Watermelon	Cinnamon Baked Apples	Dutch Apple Pie	Tapioca Pudding	Fresh Cut Fruit
Chocolate Filled Cookies	Glazed Cinnamon Buns	Canary Melon	Raspberry Cream Cake	Sweet Carrot Cake	NSA Strawberry Layer Cake	White & Dark Chocolate Mousse Tart	Coffee / Decaf / Tea

Reservations may be made for tables of up to 8 people when available RESERVATIONS ARE REQUIRED for Lunch, Brunch and Dinner For RESERVATIONS see the Hostess in person, call 203-595-2304, or use the Open Table App RESERVATIONS may be made up to 3 days in advance and until 3:00pm on the same day Attire in the Main Dining Room is "Country Club Casual": collared shirt, long pants, no jeans

To place an order for Brown Bag Dinner, refer to the menu above Place Brown Bag order by calling 203-595-2304
Place Dinner orders by 2:00pm, Brunch orders by 9:00am
Pick-up outside Activities Room- 4:30pm for Dinner, 11:30am for Brunch
There are no substitutions or special orders at this time

(Not Available on