| | | | | | | | (Not Available on |
|--|--|---|--|--|--|--|--|
| 11/8/2025 SATURDAY | 11/9/2025 | 11/10/2025 MONDAY | 11/11/2025 TUESDAY | 11/12/2025 WEDNESDAY | 11/13/2025 THURSDAY | 11/14/2025 FRIDAY | Wednesday or Sunday) ALWAYS AVAILABLE |
| | SUNDAY | MONDAY | TUESDAY | WEDIVESDAY | INUKSDAT | PRIDAT | ALWAYS AVAILABLE |
| Soup of the day | | | | | | | |
| Homestyle Chicken & Rice Soup | SUNDAY BRUNCH | Curried Coconut Lentil Soup | Hearty Minestrone Soup | Roasted Plum Tomato ,Spinach & Parmesan Soup | 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 | Sliced Tomato |
| Today's Entrees | | | | | | | Pasta |
| Savory Beef & Rice Stuffed Pepper | 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 | with garlic bread | herb topped tomato au gratin & roasted Yukon gold potato | Chicken |
| Roasted Honey Mustard Norwegian Salmon | Cranberry Walnut French Toast | Petite Grilled Sirloin Steak | Baked Cod Oreganato | Grilled Shrimp w Pesto Cream Sauce | Grilled Swordfish Filet w Butter Parsely Sauce | Chicken Coq au Vin | Rosemary Grilled Chicken Breast |
| roasted blue hubbard Squash & roasted fingerling potatoes | Canadian Bacon | seasoned yellow squash & Idaho Baked Potato | roasted carrots with steamed green beans | Garlic Broccolinni & Olive Oil Parmesan Roasted Potato | savory asparagus with toasted farro & quinao pilaf | buttered haricot vert & roasted Yukon gold potato | mashed potato and steamed carrots |
| Homestyle | | | | | | | |
| 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 |
| roasted blue hubbard Squash & 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 broccolinni & angel hair pasta | savory asparagus 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 | | Tuscan Grilled Chicken Breast on Rosemary Foccacio | Chianti Braised Beef & Portobello Mushroom | Lemon Pepper Baked Filet of Sole | Tuscan Portobello Bolognese | Hunan Pork W Buckwheat Noodles | Angus Beef Burger |
| ginger teriyaki glaze with Brown Rice w Edamame Dumpling | | fresh mozzarella ,baby spinach , roasted pepper & Sun dried tomato aioli with eggplant fries | over pappardelle pasta w steamed green beans | 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 | Lemon Mascarpone Cake | Chocolate Fudge Layer Cake | Georgia Peach Pie | Banana / Orange / Apple |
| Lemon Burst Square | English Scone w Currants | Chocolate Truffle Cake | Sweet Watermelon | Cinnamon Baked Apples | Dutch Apple Pie | Tre Leches Cheescake | Fresh Cut Fruit |
| Chocolate Filled Cookies | Glazed Cinnamon Buns | Fresh Strawberries | 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