

Fellowship Village Weekly Menu Week of November 5, 2017 – November 11, 2017

Menu Subject to Change Additional catch of the day and vegetarian special's nightly.

Sunday 11/5	Monday 11/6	Tuesday 11/7	Wednesday 11/8
Lunch	Lunch	Lunch	Lunch
Mushroom-Barley Soup (F,C) Vegetable-Wild Rice Soup (F) Arugula-Lentil Salad (V) Coq au Vin (F,C) Oven Roasted Salmon Vera Cruz (F,C) Roast Tenderloin of Beef (C) Mashed Red Potatoes (V,F) Sautéed Spinach (V,F,C) Roasted Vegetables (V,F,C) Rice Pudding No Added Sugar Rice Pudding (S)	Corn Chowder (F) Low Sodium Chicken Noodle Soup (F,C) Sloppy Joe Sandwich Chicken-Mushroom Cacciatore (F,C) Buttered Bowtie Noodles (V,F) Corn, Pepper, Tomato Sauté (V,F,C) Crème Caramel Custard No Added Sugar Maple Caramel Custard (S)	Low Sodium Chicken Noodle Soup (F,C) Cream of Spinach Soup (F,C) Cuban Sandwich Portuguese Style Pollock (C) Parmesan Roasted Potatoes (V,F) Fresh Sugar Snap Peas (V,F,C) Chocolate Brownie No Added Sugar Brownie (S)	Low Sodium Chicken Noodle Soup (F,C) Beef Orzo Soup (F,C) Beef Philly Cheese Steak Sandwich Crab Cake Sandwich Sweet Potato Fries (V,F) Grilled Asparagus (V,F,C) Lemon Meringue Pie No Added Sugar Lemon Cream Pie (S)
Dinner	Dinner	Dinner	Dinner
Mushroom-Barley Soup (F,C) Vegetable-Wild Rice Soup (F) Marinated Beef Tri Tip (F,C) Baked Cod with Garlic-Herb Crust Baked Macaroni and Cheese (V) Green Beans with Mushrooms (V,F,C) Apple Turnover No Added Sugar Apple Pie (S)	Corn Chowder (F) Low Sodium Chicken Noodle Soup (F,C) Garlicky Chickpea Salad (V,F) Sicilian Baked Tilapia (F) Apple-Fennel Roast Pork Loin (F) Braised Spanish Style Beef (F,C) Cilantro Rice (V,F) Tomato, Zucchini and Yellow Squash (V,F,C) Baby Lima Beans (V,F) Pear Caramel Crisp No Added Sugar Roasted Fresh Pear (S)	Low Sodium Chicken Noodle Soup (F,C) Cream of Spinach Soup (F,C) Greek Salad (V,F,C) Cajun Style Catfish (F,C) General Tso's Chicken Beef Ravioli Marinara Jasmine Rice (V,F) Cauliflower au Gratin (V,F,C) Stir Fry Vegetables (V,F,C) Coconut Custard Pie No Added Sugar Coconut Custard Pie (S)	Low Sodium Chicken Noodle Soup (F,C) Beef Orzo Soup (F,C) Farro, Butternut, Pumpkin Seed Salad (V,F) Barbecue Baby Back Ribs Lemon Herb Flounder (F,C) Citrus Garlic Chicken (F,C) New Potatoes (V,F) Creamed Spinach (V,F,C) Fresh Green Beans (V,F,C) Panna Cotta No Added Sugar Panna Cotta (S)
Thursday 11/9	Friday 11/10	Saturday 11/11	
Lunch	Lunch	Lunch	
Turkey Rice Soup (F,C) Low Sodium Tomato Soup (F,C) Beef Taco Salad Kielbasi Sausage with Saurkraut (C) Pierogies with Caramelized Onions (F) Nutmeg-Chive Fresh Cauliflower (V,F,C) Pineapple Cake No Added Sugar Pineapple Cake (S)	Low Sodium Tomato Soup (F,C) French Lentil Soup (F) Brown Ale Braised Chicken Thigh Beef Picadillo Quesadilla Herbed Rice Pilaf (V,F) Sautéed Spinach (V,F,C) Chocolate Mouse No Added Sugar Chocolate Mousse (S)	Tuscan Bean Soup (F) Low Sodium Tomato Soup (F,C) Rigatoni Bolognese (F) Balsamic Chicken Panini Bulgur Lentil Pilaf (V,F) Balsamic Roasted Eggplant (V,F,C) Vanilla Pudding Strawberry Trifle No Added Sugar Vanilla/Strawberry Trifle (S)	
Dinner	Dinner	Dinner	
Turkey Rice Soup (F,C) Low Sodium Tomato Soup (F,C) Sweet Potato-Apple-Cranberry Salad (V,F,C) Texas Sirloin Chili Artichoke-Mushroom Chicken (F,C) Pacific Cod with Grilled Vegetables (F,C) Spanish Red Rice (V,F) Narragansett Succotash (V,F) Roasted Fresh Mushrooms (V,F,C) Pecan Pie No Sugar Added Crème Pecan Cake (S)	Low Sodium Tomato Soup (F,C) French Lentil Soup (F) Tomato-Artichoke Salad (V,F,C) Beer Battered Shrimp (F) Parmesan Garlic Crusted Chicken (F,C) Manicotti Marinara (V) Herb Roasted Potatoes (V,F) Mushrooms and Peas (V,F,C) Roasted Butternut Squash (V,F) Cheesecake No Sugar Added Lime Cheesecake (S)	Tuscan Bean Soup (F) Low Sodium Tomato Soup (F,C) Roasted Beet-Barley Salad (V,F) Braised Chicken Burgundy (C) Beef Stroganoff (F) Crab Stuffed Tilapia (F) Egg Noodles (V,F) Roasted Beets (V,F,C) Fresh Asparagus (V,F,C) Lemon Chess Pie No Added Sugar Lemon Pudding (S)	



Holiday Bake Shoppe
2017 Annual Pie Tasting
In the Bistro 11:30am
Monday 11/13/17
 Taking orders starting 11/10

November Birthday Night
Wednesday, Nov 15
 Please call reservations
 to x3818 11/6 – 11/13

