



Dining Room Menu

Soups

Butternut Squash Soup ☒

Tomato & Rice Soup ☒

Low-Sodium Soup of the Day:

Monday

Five Onion Soup ☒

Tuesday

Duck & Bean Soup

Wednesday

Chicken Noodle Soup

Thursday

Escarole & Bean Soup ☒

Friday

Potato Leek Soup

Saturday

Beef Noodle Soup

Starters

Shrimp Cocktail ☒

Mixed Green Salad ☒

☒ = Gluten-Free



Managed by Benchmark Senior Living

Entrées

Baked New England Cod

With lemon and paprika

Veal Marsala

Citrus-Glazed Cornish Game Hen

With scalloped sweet potato

Homestyle Meatloaf

With buttermilk mashed potatoes

Grilled Chicken Breast

With bucatini pomodoro

Baked Red Snapper

With lemon and ginger

Black Bass

With garlic-scape pesto

Connecticut Maple & Dijon Pork Loin

Ratatouille Polenta Tartelette

Rack of Lamb

With barolo reduction

Chicken Tagine

Shredded Mediterranean Beef Bowl

With hummus, tomato-onion salad, yellow rice and naan bread

Sides

Grilled Asparagus & Mushrooms ☒

White & Wild Rice Blend

Yukon Potatoes ☒

Creamed Spinach

Sweet Potato

Braised Mushrooms & Onions

Desserts

Cheesecake

Chocolate Lava Cake

Tiramisu

Dessert of the Week:

Hazelnut Cake

Pie of the Week:

Coconut Custard Pie

Sugar-Free Dessert:

Pound Cake with Strawberries
& Cream



Meadow
Ridge

A Distinctive Lifecare Community