



Lunch Menu

Soups

Butternut Squash Soup ☒

Gazpacho ☒

Soup of the Day

Monday

LS Coconut-Curry Carrot Soup ☒

Tuesday

LS Red-Bean Chili ☒

Wednesday

LS Manhattan Clam Chowder

Thursday

LS Pork Ramen

Friday

LS Potato Watercress Soup ☒

Saturday

LS Turkey & Noodle Soup

Entrées

Lemon-Thyme Half Roasted Chicken

With herb jus, rice pilaf and sautéed carrots

Quiche of the Week—Quiche Florentine

Served with potato salad

GF option available

Baked Rigatoni, Whipped Spinach

Ricotta & Fontina

Served with roasted asparagus

GF option available

Entrée Salads

(Add Grilled Chicken, Crab Cake or Salmon)

Meadow Ridge Chopped Salad ☒ ♥

Romaine hearts, cucumber, tomato, almond, cranberry, goat cheese, beet vinaigrette

Cobb Salad ☒ ♥

Mixed greens, tomato, bacon, avocado, blue cheese, hard-boiled egg, ranch dressing

Niçoise Salad ☒ ♥

Mixed greens, tomato, baby potatoes, olives, haricots verts, hard-boiled egg, lemon-dijon vinaigrette

Summer Salad ☒ ♥

Mixed greens, ricotta salata, strawberries, toasted walnuts, aged balsamic, chive oil

Cider-Glazed Baby Back Ribs

Tangy barbecue sauce, mac & cheese and roasted brussels sprouts

Weekly Bistro Special—Cuban Pork ☒

With garlic & citrus sauce, served with rice pilaf and steamed broccoli with garlic

Hot Sandwiches

Connecticut Famous Steamed Cheeseburger

House-made pickles, lettuce, tomato and caramelized red onions on a potato roll, served with house-made ranch potato chips or mixed fruit

GF option available

Crab Cake Sandwich

Lettuce, tomato and cajun mayo on a potato roll

GF option available

Buttermilk Ranch Chicken Sandwich

Lettuce and tomato with ranch dressing on a potato roll, served with ranch potato chips or mixed fruit

GF option available

Build Your Own Sandwich

Includes coleslaw and house-made chips

Turkey, Ham, Corned Beef, Bacon, Chicken Salad, Tuna Salad or Egg Salad

Dessert

Cookies, Mixed Fruit, Apple, Orange, Banana, Cake of the Day, Pie of the Day



♥ = Heart Healthy ☒ = Gluten-Free LS = Low Sodium

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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

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



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Meadow
Ridge

A Distinctive Lifecare Community