Soups
- Red Pepper Soup
- Creamy Lentil Soup
- Butternut Bacon Squash Soup
- Split Pea Soup
- Beef Barley Soup with Mushroom

Main Courses
- Grilled Salmon Fillet
- Baked Shrimp and Scallops
- Lamb Paprikash
- Halibut with Lemon Butter
- Duck Breast with Blueberry Sauce
- Herb-Roasted Turkey
- Braised Chicken with Artichoke Hearts and Olives

Always Available
- Baked Macaroni and Cheese
- Fall Fruit Salad
- Spiced Applesauce
- Apple Coleslaw
- Amish Pepper Slaw
- Cottage Cheese and Fruit

Salads
- Apple Broccoli Salad
- Chef Salad
- Autumn Chopped Chicken Salad
- Apple Salad with Maple-Cider Vinaigrette
- Caesar Salad

Vegetables
- Baked Acorn Squash
- French-Cut Green Beans
- Broccoli Casserole
- Roasted Root Vegetables
- Herb Quinoa
- Yukon Gold Whipped Potatoes
- Baked Sweet Potato Wedges

Desserts
- Apple Cream Cake
- Chocolate Pumpkin Cake
- Pumpkin Pie
- Pear Sorbet
- Ice Cream
- Crème Brûlée

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- good source of fiber
- 30 g carbohydrate or less per serving
- low sodium
- low fat
- healthy brain