**Soups**
- French Onion Soup | Chicken Chili Soup
- Pasta Fagioli Soup | Cream of Crab Soup
- Clam Chowder Casserole Soup
- Greek Lemon Chicken Soup
- Beef Barley Soup with Mushrooms
- Butternut Squash Soup

**Main Courses**
- Chicken Piccata | Braised Lamb Shank
- Winter Citrus Butter Salmon
- Creamy White Chicken Chili | Beef Bourguignon
- Apple-Stuffed Pork Tenderloin
- Halibut with Lemon Butter
- Baked Seafood Au Gratin
- Herb-Roasted Turkey
- Corned Beef and Cabbage

**Salads**
- Goat Cheese and Spinach Salad
- Apple Cranberry Walnut Salad
- Autumn Chicken Salad
- Chicken Caesar Salad
- Chef Salad | Bacon Ranch Cheddar Salad
- Broccoli Apple Salad
- Balsamic-Roasted Beet Salad

**Vegetables**
- Roasted Parsnips
- Braised Red Cabbage
- Mashed Winter Squash
- Roasted Root Vegetables
- Au Gratin Potatoes
- Garlic Spinach
- Baked Squash
- Sautéed Mushrooms

**Starch**
- Butternut Squash Gratin
- Mushroom Risotto
- Baked Beans | Buttered Noodles
- Baked Potato
- Yukon Gold Whipped Potatoes
- Basmati Rice
- Baked Sweet Potato Wedges

**Always Available**
- Fresh Fruit Salad
- Battered French Fries
- Amish Pepper Slaw
- Cottage Cheese and Fruit

**Desserts**
- Chocolate Pumpkin Cake
- Chocolate Eclairs
- Caramel Apple Cake
- Ice Cream Sundae
- Pear Sorbet
- Ice Cream
- Tiramisu
- Apple Walnut Cake

- good source of fiber
- 30 g carbohydrate or less per serving
- reduced sodium 250 mg or less
- healthy brain