



**Gold Room Dining
Sample Menu**

Soups of the Day

Carrot Ginger

Gouda Cheese Soup

Main Course Selections

Blue Zone – Grilled Salmon Salad *

Grilled fresh filet on assorted mixed greens with peaches, goat cheese and pecans.
Choice of dressing.

Teriyaki Steak *

Tender beef ribbons in classic teriyaki sauce.

Tarragon Chicken *


Baked boneless breast marinated in tarragon and spices.
Topped with Tarragon Chicken Cream Sauce.

Side Selections

Rice with Pineapple

Spring Blend Vegetable

Bok Choy

 Healthier Option

 Well Seasoned

* Gluten Conscience Option



The Village Everyday Sample Menu

“Blue Zone” is a concept used to identify a geographic region where people live measurably longer lives, mainly due to lifestyle choices.

“Blue Zone” Caesar Salad

Crisp Romaine, Red Onion, Shaved Parmesan Cheese and Seasoned Croutons with Creamy Caesar Dressing on the side and your choice of Grilled Chicken or Salmon.
(Avail. Thurs. & Sat.)

“Blue Zone” Spinach and Cranberry Stuffed Salmon

Fresh Salmon stuffed with Dried Cranberries, Fresh Spinach and Pecans.
Baked and served with a Grilled Lemon Garnish.

“Blue Zone” Roasted Tomato and Artichoke Pesto Pasta with Chicken

Tri-Color Rotini Pasta tossed with Garden Vegetables including Kale Mushrooms, Red Peppers and Cannellini Beans in Basil Pesto Sauce topped with Grilled Chicken Breast.

Philly Cheesesteak Sandwich

Tender Beef with Sautéed Onions and Peppers on a Warmed Hoagie Bun with Melted Provolone Cheese.

Grilled Hamburger or Cheeseburger

An All-Beef Hamburger Patty cooked on the Grill and served with Lettuce, Tomato and Onion.

Entrée Choices

Filet of Beef

Grilled 4 ounce
Beef Tenderloin
(Available Wed.& Fri.)

Grilled Salmon

4 ounce Fillet
(Available Thurs.& Sat)

Catfish Filet

5-6 ounce Fillet
Served Fried or Baked

Grilled Chicken Breast

5 ounce Boneless Breast

Sides

“Blue Zone” Steamed Broccoli

“Blue Zone” Steamed Spinach

“Blue Zone” Baked Sweet Potato

“Blue Zone” Grilled Asparagus

Baked Irish Potato

French Fries

Sweet Potato Fries

Steamed Corn

Cole Slaw

Apple Sauce

Steamed Whole Green Beans