



Puget Sound Research Menus:

**SEPTEMBER 9/20/18**

Salad

Chef's Choice

Entrée selections:

- 1) Chicken Balsamico – mozzarella, tomato
- 2) Grilled Salmon – dill butter
- 3) (V) Stuffed Bell Peppers

Sides

Roasted Potatoes

Seasonal Vegetables

Dessert

Pastry Chef's Choice

**OCTOBER 10/18/18**

Salad

Chef's Choice

Entrée selections:

- 1) Coffee Marinated Beef Tenderloin
- 2) Panko-Parmesan Crusted Cod – dill aioli
- 3) (V) Butternut Squash Ravioli

Sides

Rice Pilaf

Seasonal Vegetables

Dessert

Pastry Chef's Choice

**NOVEMBER 11/15/18**

Salad

Chef's Choice

Entrée selections:

- 1) Grilled Chicken Breast – honey mustard cream sauce
- 2) Grilled Salmon – orange thyme glaze
- 3) (V) Roasted Root Vegetable Hash

Sides

Roasted Garlic Mashed Potatoes

Seasonal Vegetables

Dessert

Pastry Chef's Choice