

# Monmouth Crossing Presents Chef's Always Available Menu

## Salad Bar

### GARDEN SALAD ♥♦□

*Fresh lettuce, cucumbers, and tomatoes served with your choice of salad dressing. Add a scoop of tuna salad, egg salad or chicken salad.*

### CHEF SALAD ♥♦□

*Fresh lettuce, cucumbers, and tomatoes topped with ham, turkey, American cheese, Swiss cheese and a sliced hard boiled egg.*

### Caesar Salad ♥♦□

*Fresh cut romaine tossed with Caesar dressing, grated cheese and croutons. Chicken can be added*

## LIGHTER FARE

### COTTAGE CHEESE PLATTER ♥♦□

*Low Fat Cottage cheese served with assorted seasonal fruit.*

### Yogurt Platter ♥♦□

*Yogurt with served with fresh seasonal fruit*

### Sorbet Platter ♥♦□

*Rainbow sorbet with seasonal fruit*

## SANDWICH BOARD

### BLT SANDWICH

*Bacon, lettuce and tomato served on your choice of toasted white, wheat or rye bread.*

### FRESH DELI SANDWICH

*Sliced turkey breast ♥♦□ ham ♦ Salami, Bologna, Liverwurst served with American, ♦ Swiss ♦, cheese, lettuce and tomato on your choice of white, wheat rye bread, bagel or English muffin*

### CLASSIC PB and J

*Creamy peanut butter and grape jelly, served on your choice of white, wheat rye bread, Bagel or English muffin*

### SALAD SANDWICHES

*Tuna salad, egg salad or chicken salad served on your choice of white, wheat, rye bread, Bagel or English muffin*

### Grilled Cheese

*American ♦, or Swiss ♦ cheese on your choice of white, wheat, rye bread .*

### Monte Crisco Sandwich

*Ham, □ Turkey ♥ ♦□ and Swiss served on your choice of white, wheat rye bread. Egg batter and grilled  
Served with Maple Syrup*

## FROM THE GRILL

### MONMOUTH CROSSING BURGER

Ground 100% beef patty on a roll. Served with lettuce and tomato. Add cheese(choice of American ♦, Swiss, ♦ ) or bacon.

### GRILLED TURKEY BURGER-♥ □ ♦

Ground 100% turkey patty on a roll. Served on a roll with lettuce and tomato. Add cheese (choice of American, Swiss, or ) or bacon.

### Vegetable Burger-♥ □ ♦

Ground Vegetables formed into a patty and grilled. Served on a roll with lettuce and tomato. Add cheese(choice of American ♦, Swiss, ♦ or ) or bacon.

### HOT DOG

Grilled Kosher hot dog on a bun.

### Grilled Chicken Breast -♥ □

Chicken breast on your choice of white, wheat, rye bread bagel or English muffin. Served with lettuce and tomato. Add cheese. (Choice of American ♦, Swiss ♦ or Bacon)

Above served with your choice of French fries or potato chips and pickle

## OTHER FAVORITES

### FISH AND CHIPS

Broiled♥♦□ or fried flounder, served on your choice of white, wheat, rye bread bagel or English muffin.

(Can be served on a roll upon request). Comes with tartar sauce

### CHICKEN TENDERS PLATTER

Golden Fried chicken tenders served with French fries or potato chips and a pickle.

### Chicken Pot Stickers

Chicken in a wonton wrapper oven baked and served with a teriyaki dipping sauce.

### Club Sandwich

Turkey♥♦□ Ham ♦ Salami, or grilled chicken♥♦□ triple Decker sandwich. Layered with bacon and tomatoes on your choice of white, wheat or rye bread.

Above served with your choice of French fries or potato chips and pickle

### Symbol Chart

♥- Heart Healthy , ♦- Low Sodium, □- Low fat

*Monmouth Crossing Presents*

*Resident and Family Luau*

*Appetizer*

*Char-Siu (Glazed Pork & Pineapple Buns)*

Chinese style BBQ pork, a popular favorite on the islands, with grilled pineapple tucked into a Hawaiian sweet roll

*Mango & Avocado Salad with Hawaiian Vanilla Vinaigrette*

Individual Butter Lettuce leaves topped with slices of avocado & mango, drizzled with a Hawaiian Vanilla Vinaigrette. Arranged for you to just pick up and eat!

*Entrees*

*Huli Huli Chicken*

Cornish Game Hen brushed with a Hawaiian pineapple glaze and grilled over high heat. Huli Huli, meaning "turn, turn", refers to the grilling style used on the chicken.

*Baked Mahi Mahi*

Mahi Mahi, a popular island fish, topped with a Polynesian style light bread crumb mixture and a squeeze of fresh lemons, oven baked and served with extra lemons.

## *Side Dishes*

### *Polynesian Asparagus*

Freshly picked Asparagus sautéed with crispy bacon and sesame seeds.

### *Hawaiian Fried Rice*

Long grain white rice sautéed with peas, corn, diced pineapple and a touch of soy sauce.

## *Dessert Selection*

Pineapple upside down cake

Sugar free Banana Cake

# *Monmouth Crossing*

## *Chef Selections*

### *Orange Honey Glazed Grilled Porkchop*

A 9 ounce grilled pork chop that has been painted with honey and a home made orange chutney. This mouth tantalizing marinate is splashed with fresh Orange Juice, Garlic and Ginger. The chop is set a blaze on a fiery grill and charred to perfection. Served upon a bed of luscious mashed sweet potatoes and chef vegetable of the day.

### *Roasted Grouper Crowned with A Horseradish*

#### *Crumb*

A beautiful white flakey filet of fish that is lightly seasoned with a crack of fresh pepper and sea salt. Placed into a blistering oven. Bathed in a traditional fish stock the grouper is slowly cooked until it becomes flakey and tender. At the last minute this beautiful fish is dusted with a home made horseradish bread crumb. Served with a Garlic Mashed Potato and Chef Vegetable of the day.

# *Monmouth Crossing*

## *Chefs' Selections*

### *Steak Pizzaiola*

Pizzaiola is a quickly cooked fresh tomato sauce.

This sauce is seasoned with fresh garlic, onion, parsley, basil and oregano. The sauce is then placed upon a pan seared steak that is seasoned with a touch of salt and pepper. The combo of the steak and sauce simmer together until the steak is juicy and tender

### *Pasta Ala Cina*

The pasta in this dish is called Fusilli, it is coiled shaped. The pasta is tossed with fresh roasted shallots, sautéed Chicken and Prosciutto. This treat of a dish is finished in a homemade Alfredo sauce.

# *Monmouth Crossing*

*Thursday*

## *Chef Selections*

### *Colossal Spinach Salad*

Fluffy Green Leaves of spinach layered with Fresh sliced mushrooms, Bacon, Grape tomatoes. Tossed with Raspberry Vinaigrette. Finished with a 6 ounce sliced grilled chicken breast that has been seasoned with salt, pepper and fresh herbs.

### *Roasted Monk Fish*

Monk fish other wise know as poor mans lobster is slow pan roasted and seasoned with a tease of seas salt, cracked pepper corns and a smidge of fresh herbs. Set a pond a mix of mini grilled bock Choy and buttered parsley finger link potatoes.

Finished with a drizzle of Asian style BBQ Sauce.