



CULINARY CORNER

WHAT YOU NEED TO KNOW . .

A reminder that Monday July 6 is Birthday Night in GMH. Nosh will be closed for dinner service that evening but takeout from the lunch menu in Nosh is available for dinner delivery if placed by 2pm. Centro is open with normal operation for lunch and dinner.

Dining committee openings! There are three current resident members of the dining committee whose three-year term is coming to an end. The dining committee meets monthly to collaborate on current dining related topics. If you are interested in becoming a member, please see the memo sent out from the current chair, Michael Ross, in this week's newsletter. The letter will outline the criteria and the process of submitting your intent to be considered.

Friday July 3

- Centro: Regular lunch service with an in-person dining all American BBQ buffet for dinner. (Regular Centro dinner menu is available for delivery if placed by 2pm)
- Nosh: Regular lunch and Shabbat dinner service

Saturday July 4

- Centro: No in person dining. Dinner menu available for delivery only if placed by 2pm
- Nosh: Regular lunch service

Sunday July 5

- Centro: Closed
- Nosh: Open for regular lunch service with a Sunday BBQ dinner buffet

As always, if you have any questions regarding an upcoming dining event, please contact Chelsea, Josh or another member of the dining leadership team. Contact information can be found on the community app or on the contact resources page of the dining website.

C E N T R O

W E E K L Y S P E C I A L S

July 5th - July 11th

Monday

Soup: Chicken sausage, white bean & kale LF \$5

Entrée 1: Meatballs marinara \$22

Entrée 2: Summer vegetable cannelloni with pomodoro sauce V \$12

Daily sides: Spaghetti Vg \$4

Steamed broccoli Vg GF ♥ \$3

Dessert: Sugar-free cinnamon apple tart V \$6

Tuesday

Soup: Rustic tomato & onion Vg GF ♥ \$5

Entrée 1: Shrimp etouffee GF LF \$25

Entrée 2: Black bean enchiladas with guacamole V \$12

Daily Sides: Steamed jasmine rice Vg GF \$4

Roasted tri-color carrots Vg GF ♥ \$3

Dessert: Chocolate cheesecake bar V \$6

Wednesday

Soup: Sherry mushroom bisque V GF \$5

Entrée 1: Roasted boneless chicken thighs with alfredo sauce \$21

Entrée 2: Greek baked soy cutlet with side of marinara V \$12

Daily Sides: Corn on the cob Vg GF \$4

Sauteed Brussel Sprouts & onion Vg GF ♥ \$3

Dessert: White chocolate panna cotta with stewed rhubarb V \$6

Thursday

Soup: Roasted corn & leek V GF \$5

Entrée 1: Blue cheese filet GF \$32

Entrée 2: Flamenco eggs (Potatoes, plant based chorizo, peas, onions, cooked in a Spanish tomato sauce topped with baked eggs) V GF \$12

Daily Sides: Sweet mashed potato V GF \$4

Braised mixed vegetables Vg GF ♥ \$3

Dessert: Chocolate sponge cake V \$6

Friday

Soup: Chilled mixed berry V GF \$5

Entrée 1: Miso sea bass LF \$32

Entrée 2: Eggplant napoleon V \$12

Daily Sides: Parsnip puree V GF \$4

Lemon butter asparagus V GF \$3

Dessert: Cherry pie V \$6

Saturday

Soup: Split pea Vg GF ♥ \$5

Entrée 1: Nashville hot honey fried chicken \$22

Entrée 2: Stuffed pepper with lentils & vegan sausage with roasted red pepper sauce & vegan cheese Vg GF ♥ \$12

Daily Sides: Cranberry rice pilaf Vg GF \$4

Vegetable medley Vg GF ♥ \$3

Dessert: Lemon shortbread bar V \$6

Salad of the week

Beet & blue cheese salad \$5/\$8 V GF

with mixed greens, cherry tomatoes, candied pecans and citrus vinaigrette

Cookie of the week

Oatmeal raisin V \$3

V = Vegetarian Vg = Vegan ♥ = Heart Healthy GF = Gluten Friendly. Consuming raw or undercooked meat, fish, poultry or eggs can increase your risk of a foodborne illness. Please notify your server in advance of any food allergies you may have.

NOSH LUNCH SPECIALS

July 5th - July 11th

Soup

Sunday: Corn chowder Vg GF

Monday: Tomato basil Vg GF 

Tuesday: Black bean & corn tortilla Vg

Wednesday: Sweet potato bique Vg

Thursday: Potato leek Vg GF

Friday: Chicken matzo ball

Saturday: Mushroom barley Vg 

Entrées

*All specials are \$14.99, beverage & one side included

Monday: Turkey pastrami Reuben

Tuesday: Tuna melt on Texas toast

Wednesday: Chicken fingers and fries

Thursday: Beef sausage sub with peppers and onions

Friday: Fish sandwich on a bulky roll

NOSH DINNER BUFFET

July 5th - July 11th

Buffet Price \$26

Sunday- Chef's Buffet

See BBQ menu

Monday

Closed for birthday night

Tuesday -Turkey Night

Soup: Black bean & corn tortilla **Vg**

Entrée 1: Herb-roasted turkey
with sage gravy & challah stuffing

Catch of the day: Tuna noodle casserole

Chicken: Grilled chicken thighs **GF**

Vegan: Vegetable frittata **Vg GF**

Starch: Yukon mashed potato **Vg GF**

Veg: Herb-roasted vegetable medley **Vg GF** ❤️

Dessert: Carrot cake **V**

Wednesday Night Lites

See Nosh Bistro Menu

Special: Chicken fingers & fries

Thursday- Irish Night

Soup: Potato leek **Vg GF**

Entrée 1: Corned beef & cabbage
with potatoes **GF**

Catch of the day: Beer-battered cod

Chicken: Half or quarter white or
dark served with cranberry sauce **GF**

Vegan: Mushroom Irish stew **Vg**

Starch: French fries **Vg GF**

Veg: Boiled cabbage & carrots **Vg GF** ❤️

Dessert: Chocolate chip brownie with a stout
chocolate sauce **V**

Friday Shabbat

See separate weekly Shabbat menu & order form

Dessert of the week:

Smores cookie v

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SHABBAT DINNER MENU

FRIDAY JULY 10, 2026 | WINTER GARDEN

STARTERS

Chicken matzo ball soup

or

Garden salad Vg GF ♥

ENTREES

Rosemary & garlic braised brisket | \$26 GF

Grilled salmon steak with yellow
tomato relish | \$27 GF ♥

Grilled cauliflower steak Florentine | \$20 VgGF

SIDES

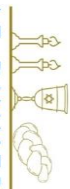
Herb-roasted fingerling potatoes Vg GF

Honey braised Brussel sprouts V GF ♥

DESSERTS

Coffee crumble cake V

Fruit cup Vg GF ♥



Friday, July 10th, 2026

Shabbat Dinner in Winter Garden (Nosh)

**Please return to collection box in the Nosh Restaurant no later than:
5:00pm on Tuesday, July 7th**

Subject to the cancellation policy. Shabbat pre-ordered meals will be charged 24 to 48 hours prior to event. Refunds may not be issued once charges have been processed

Name:

Apt. #:

Party / Group / Table Host

Meal Options Selections

**Lighter fare menu is not available during Shabbat dinner*

STARTER		ENTRÉE			DESSERT	
PLEASE SELECT ONLY ONE		PLEASE SELECT ONLY ONE			PLEASE SELECT ONLY ONE	
Matzo Ball Soup	Garden Salad	Beef	Fish	Vegan	Dessert	Fruit Cup

CHOICE OF DRESSING

French Honey Mustard Raspberry Vinaigrette Italian Thousand Island Oil & Vinegar

NOTES: please list any dietary restrictions/preferences here. We will do our best to accommodate.

CENTRO DINNER



BBQ BUFFET

Friday, July 3rd, 2026

Buffet is dine-in only

All take outs will be from the Centro dinner menu if placed by 2pm

Starter

Clam chowder
Sweet corn gazpacho Vg GF
Watermelon & feta salad V GF
Shrimp cocktail GF LF


Off the Grill

Grilled Beef Burgers/ Cheeseburgers
Grilled Veggie Burger Vg
Grilled Beef Hot Dogs

Main Buffet

Grilled steak tips GF LF
Grilled herb salmon GF 
Bourbon grilled chicken thighs LF
Teriyaki tofu steaks V
Chilled seafood rolls LF

Sides

Caprese orzo salad Vg
Corn on the cob Vg GF
Grilled asparagus Vg GF 
Broccoli & kale slaw V GF
Parmesean potato wedges Vg GF


Condiments

Lettuce, Tomato, Red Onion,
Pickles, Ketchup, Mustard,
Mayo, & Relish

Dessert

Assorted pies to include
regular & sugar free
Ice cream novelty Dove bars
Fresh watermelon Vg GF

\$35 Per Person



NOSH BBQ MENU

Sunday, July 5th, 2026

Buffet Price: \$30 per person


Starters

COD & SWEET CORN CHOWDER *GF*
SALAD BAR

Off the Grill

HAMBURGERS WITH FIXINGS
HOT DOGS
VEGGIE BURGERS *VG* (UPON REQUEST)

Main Buffet

GRILLED CHICKEN & LAMB
SCHWARMA SAUSAGE
GRILLED HERB SALMON *GF* 
BBQ GRILLED CHICKEN *GF*
SWEET CHILI TOFU KEBABS *VG*

Sides

BAKED BEANS *VG GF*
CORN ON THE COB *VG GF*
POTATO SALAD *V GF*
CHARRED GREEN BEANS WITH
VINAIGRETTE *VG GF* 
COLESLAW *V GF*

Dessert

ASSORTED PIES TO INCLUDE
REGULAR & SUGAR FREE
FRESH WATERMELON PLATTER *VG GF* 