



CULINARY CORNER

WHAT YOU NEED TO KNOW . .

We are excited for a number of menu updates happening this week. As discussed on this week's resident Zoom chat, the timeline for the changes is as follows:

- Centro dinner menu update began Monday, September 28
- Nosh bistro lunch menu update began Thursday, October 1
- Centro lunch menu update starts Friday, October 2

Please note that these are updates to the current menus rather than a complete change of the entire menus. We look forward to your feedback and hope you will enjoy the new items.

The first phase of implementation for the new point of sale software system, MealSuite, used by the servers and culinary staff for dinner orders in the restaurants began Thursday, October 1. While we have been preparing for this system change for quite some time, there is always the possibility of unanticipated challenges so we ask for your patience as we roll out this new software. The second phase will include resident access to nutritional information, billing information and online ordering. A representative from MealSuite will join the resident Zoom chat in the coming weeks to present the resident portal aspect of the software.

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.

CENTRO

WEEKLY SPECIALS

October 4th - October 10th

Monday

- Soup:** Sweet corn & salmon chowder GF \$5
- Entrée 1:** Coconut breaded chicken with sweet chili sauce LF \$24
- Entrée 2:** Crispy tofu and broccoli stir fry with sweet chili sauce Vg \$14
- Daily sides:** Vegetable lo mein V \$4
Roasted button mushrooms Vg GF ♥ \$3
- Dessert:** Strawberry shortcake V \$6

Tuesday

- Soup:** Onion GF \$5
- Entrée 1:** Mussels & swordfish fra diavolo GF LF \$26
- Entrée 2:** Manhattan vegan meatballs Vg \$14
- Daily Sides:** Egg noodles V \$4
Braised green beans with turkey bacon GF \$3
- Dessert:** Lemon burst V \$6

Wednesday

- Soup:** Mushroom & orzo with greens Vg \$5
- Entrée 1:** Savenor's grilled sirloin steak with herb butter GF \$34
- Entrée 2:** Turkish meatballs V \$12
- Daily Sides:** Baked potato Vg GF \$4
Roasted asparagus Vg GF ♥ \$3
- Dessert:** White chocolate blueberry cobbler V \$6

Thursday

- Soup:** Turkey noodle \$5
- Entrée 1:** Maryland crab cakes with old bay aioli \$30
- Entrée 2:** Cauliflower fried rice with shiitake mushrooms, edamame beans & a fried egg V \$12
- Daily Sides:** Roasted carrot & parsnip mash V GF \$4
Sautéed zucchini with tomato Vg GF ♥ \$3
- Dessert:** Red velvet cake bomb V \$6

Friday

- Soup:** Roasted asparagus V GF \$5
- Entrée 1:** Duck Wellington with sweet & sour sauce \$25
- Entrée 2:** Crispy soy cutlets with lemon aioli & fried capers Vg \$13
- Daily Sides:** Noodle kugel V \$4
Vegetable medley Vg GF ♥ \$3
- Dessert:** Raspberry beignet V \$6

Saturday

- Soup:** Vegetable barley Vg LF ♥ \$5
- Entrée 1:** Twin hot dogs \$16
- Entrée 2:** Impossible patty melt V \$14
- Daily Sides:** Baked beans Vg GF \$4
Sliced tomato Vg GF ♥ \$3
- Dessert:** Double chocolate cake V \$6

Salad of the week

Dedham salad \$5/\$8 Vg GF ♥

Mixed greens, radishes, red onion, black olives, and white balsamic vinaigrette

Cookie of the week

Nutella cookie V \$3

(contains nuts)

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

October 4th - October 10th

Soup

Sunday: Pesto roasted vegetable Vg GF ❤️
(contains nuts)

Monday: White bean & kale Vg GF ❤️

Tuesday: Potato lentil Vg GF

Wednesday: Split pea Vg GF ❤️

Thursday: Minestrone Vg

Friday: Chicken matzo ball

Saturday: Roasted broccoli & potato Vg GF

Entrées

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

Monday: Turkey club with deli turkey, turkey bacon, mayo, lettuce and tomato on club white

Tuesday: Sloppy Joe's on a bulky roll

Wednesday: Chicken fingers and fries

Thursday: Chicken quesadillas with salsa and guacamole

Friday: Fish & chips

NOSH DINNER BUFFET

October 4th - October 10th

Buffet Price \$26

Sunday

Soup: Pesto roasted vegetable Vg GF ♥

(contains nuts)

Entrée 1: Chicken marsala

Catch of the day: Marinated grilled Arctic char with
grilled lemon GF ♥

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

Vegan: Vegan cheddar polenta cake with
marinara sauce Vg

Starch: Egg noodles V

Veg: Steamed baby carrots Vg GF ♥

Dessert: Chocolate lava cake V

Monday

Closed for Birthday Night

Tuesday - Turkey Night

Soup: Potato lentil Vg GF

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

Catch of the day: Seared red snapper with
mango salsa GF ♥

Chicken: Grilled chicken thighs GF

Vegan: Sweet potato and lentil tagine with curried
crispy chickpeas Vg GF ♥

Starch: Red bliss mashed potatoes with garlic &
honey V GF

Veg: Vegetable medley Vg GF ♥

Dessert: Assorted pies V

Wednesday Night Lites

See Nosh Bistro Menu

Thursday - Prime Rib

Soup: Minestrone Vg

Entrée 1: Carved prime rib with au jus &
horseradish sauce

Catch of the day: Panko crusted haddock

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

Vegan: Mushroom Burekas with rustic tomato
sauce Vg

Starches: Chive mashed potato Vg GF

Veg: Grilled asparagus Vg GF ♥

Dessert: Assorted desserts V

Friday Shabbat

See separate weekly Shabbat
menu & order form

Dessert of the week:
Chocolate chip cookie V



CENTRO LUNCH MENU

FALL 2026

STARTER

SOUP OF THE DAY	\$5
BUTTERNUT SQUASH AND APPLE SOUP VG GF	\$5
CHEESE BLINTZ DUO V	\$5
With berry sauce and sour cream	
WALDORF SALAD V GF	half \$5 full \$10
Fresh red delicious apples, celery, grapes and walnuts with mayo served on bed of mixed greens	
SALAD OF THE WEEK	half \$5 full \$10

SIMPLY PREPARED

ANGUS BURGER	\$15
7oz Angus beef burger served with lettuce, tomato and onion with choice of cheese on a toasted brioche bun	
GRILLED CHEESE & TOMATO V	half \$5 full \$10
Served on white or wheat bread	
TUNA SALAD SANDWICH	half \$5 full \$10
Served on white or wheat bread	
SCRAMBLED EGGS V	\$10
3 eggs scrambled served with a side of toast	

SALAD ADD ONS:

- Savenors 6oz sautéed chicken breast \$16 **GF LF** ♥
- Seared or poached salmon \$15 **GF LF** ♥
- Sautéed shrimp 3 for \$10 | 5 for \$16 **GF LF**

*All sandwiches served with pickles.
Gluten-free bread available upon request*

BREAD CHOICES:

Light rye, brioche bun, club white, club wheat, spinach wrap, sourdough

SIDES (A LA CARTE)

- Seasoned house-made chips **Vg** \$3
- Coleslaw **V GF LF** \$4
- French fries **Vg LF** \$4

*** Ask your server for the soup & special of the Day***
bread available upon request

Consuming raw or undercooked meat, fish shellfish, poultry, or eggs can increase your risk of a food borne illness. Check with your server if you have specific dietary needs



CHEF’S SELECTIONS

BUTTERNUT SAGE PIZZA **V** **\$12**

Bechamel sauce, roasted butternut squash, goat cheese, sage, red onion and hot honey

FISH SANDWICH **\$16**

Crispy breaded cod on brioche with tartar sauce and american cheese

CALIFORNIA TURKEY CLUB WRAP **♥** **\$14**

Deli Turkey, chicken bacon, lettuce, tomato, mayo and avocado on spinach wrap

Add beef bacon \$4

CHEF’S SELECTIONS

BBQ BACON CHEDDAR SLIDER **\$8**

Beef slider grilled with beef bacon, cheddar cheese, bbq sauce and fried onions on brioche slider bun

CORNERED BEEF RACHEL **half \$9 full \$18**

Served with Swiss cheese, Russian dressing and coleslaw on light rye

AVOCADO TOAST **V** **\$10**

Toasted sourdough bread with avocado spread, everything bagel seasoning and a fried egg over easy served over bed of mixed greens

*All sandwiches served with pickle.
Gluten-free bread available upon request*

DESSERT

FRESH FRUIT CUP **VG GF ♥** **\$6**

COOKIE OF THE WEEK **\$3**

HERSHEY ICE CREAM:

1 SCOOP \$3 2 SCOOP \$6

BEVERAGES \$3

*Assorted soft drinks,
coffee, decaf coffee, cold brew and
Harney’s & Sons Tea*



SHABBAT DINNER MENU

FRIDAY OCTOBER 9, 2026 | WINTER GARDEN

STARTERS

Chicken matzo ball soup \$5

Gefilte fish \$7

Garden salad Vg GF ♥ \$4

ENTREES

Entree 1: Herb marinated Statler chicken breast
with apricot glaze | \$24 GF

Entree 2: Baked cod with tarragon
wine sauce | \$24 GF ♥

Vegan: Impossible meat knish with
deli mustard | \$14 Vg

SIDES

Tzimmes Vg GF

Roasted cauliflower Vg GF ♥

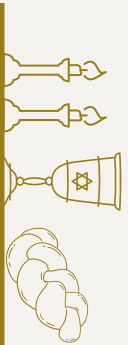
DESSERTS

Apple honey cake V \$6

Fruit cup Vg GF ♥ \$4

Alternate meal: \$20

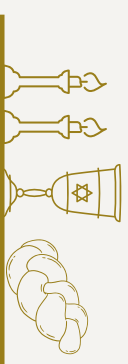
Poached salmon GF♥ with baked
potato Vg GF & broccoli Vg GF ♥



Shabbat Dinner Order Form

Please return to collection box in the Nosh

no later than: 5:00pm on Tuesday



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

The menu is a la carte. You will be charged based on your selections

NAME:_____

UNIT #:_____

TABLE HOST:_____

STARTER:

Salad _____

Dressing_____

Gefilte fish_____

Soup _____

ENTREE:

Entree 1 _____

Entree 2 _____

Vegan _____

Alternate meal _____

DESSERT:

Dessert _____

Fruit cup _____

NAME:_____

UNIT #:_____

TABLE HOST:_____

STARTER:

Salad _____

Dressing_____

Gefilte fish_____

Soup _____

ENTREE:

Entree 1 _____

Entree 2 _____

Vegan _____

Alternate meal _____

DESSERT:

Dessert _____

Fruit cup _____

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