



The Commons IN LINCOLN

A Benchmark Signature Living Community

The GALA Dining Room

STARTERS

Lentil, Potato, Cauliflower, and Spinach Soup

Baby Shrimp and Snow Pea Salad

ENTREES

Veal Oscar

anko-dusted veal cutlet, steamed asparagus spears, lump crab and bearnaise sauce

Meat Lasagna

traditional meat and cheese layered lasagna, marinara sauce and garlic bread



HEART HEALTHY

(under 500 mg sodium, under 10% saturated fat, no added salt)

Greek Salad with Grilled Salmon

traditional greek salad topped with grilled salmon

DESSERT

Apple Raspberry Pie

Ice Cream, Sugar Free Ice Cream, Frozen Yogurt, Pudding, Sugar Free Gelatin, Fresh Fruit Cup

Please inform your server of any food allergies that you may have.

Please ask your server for any adjustments to your order.

wk2Monday



The GALA Dining Room

STARTERS

Tomato Basil with orzo Soup
Soba Green Tea Thai Noodle Salad

ENTREES

Roast Rack Of Lamb
minted demi glace and served with sauteed green beans and spaghetti squash

Roasted Eggplant Ravioli
uteed with mushrooms, black olives, fine herbs, parmesan, white wine and crea



HEART HEALTHY

(under 500 mg sodium, under 10% saturated fat, no added salt)

Sole Vesuvio
*g battered and sauteed chicken breast topped with an olive, tomato, scallion a
marsala reduction and spaghetti squash*

DESSERT

Red Velvet Cupcake

Ice Cream, Sugar Free Ice Cream, Frozen Yogurt, Pudding, Sugar Free Gelatin, Fresh Fruit Cup

Please inform your server of any food allergies that you may have.

Please ask your server for any adjustments to your order.

wk2 Tuesday



The Commons IN LINCOLN

A Benchmark Signature Living Community

The GALA Dining Room

STARTERS

White Bean & Chive Soup

Barley and Apple Salad

ENTREES

Carved Tenderloin of Beef

wild mushroom demi, mashed yukon potato and sauteed cauliflower

Franks, Beans and Brown Bread

grilled franks (no roll), baked beans and warm brown bread



HEART HEALTHY

(under 500 mg sodium, under 10% saturated fat, no added salt)

Tea Poached Char

served with tabouleh salad and dill-yogurt dressing

DESSERT

Coffee Bon Bon

Ice Cream, Sugar Free Ice Cream, Frozen Yogurt, Pudding, Sugar Free Gelatin, Fresh Fruit Cup

Please inform your server of any food allergies that you may have.

Please ask your server for any adjustments to your order.

wk2wednesday



The GALA Dining Room

STARTERS

Asian Chicken Soup
Endive and Gorgonzola with Olive Oil Drizzle

ENTREES

Maple Glazed Skirt Steak
sweet and savory reduction served with mashed potato and sauteed carrots

Shrimp Stir Fry
sauteed shrimp, assorted vegetables, lemongrass, sesame, ginger and soy.
Served over brown rice with a spring roll



HEARTHEALTHY

(under 500 mg sodium, under 10% saturated fat, no added salt)

Apple Cider Brined Statler Chicken Breast

oven roasted and served with sauteed carrots

DESSERT

Chocolate Mousse

Ice Cream, Sugar Free Ice Cream, Frozen Yogurt, Pudding, Sugar Free Gelatin, Fresh Fruit Cup

Please inform your server of any food allergies that you may have.

Please ask your server for any adjustments to your order.

wk2 Thursday



A Benchmark Signature Living Community

The GALA Dining Room

STARTERS

Fish Chowder

Watercress, Dried Cranberry and Toasted Almond, Lemon Vinaigrette

ENTREES

Roast Turkey Dinner

stuffing, mashed potato, gravy and sauteed peas

Steak Tip Salad

*marinated steak tips, arugula, crumbled blue cheese, red onion and bacon
tossed with balsamic vinaigrette*



HEART HEALTHY

(under 500 mg sodium, under 10% saturated fat, no added salt)

Butter Crumbed Cod

baked and served with sauteed peas

DESSERT

Apple & Pear Crisp with Whipped Cream

Ice Cream, Sugar Free Ice Cream, Frozen Yogurt, Pudding, Sugar Free Gelatin, Fresh Fruit Cup

Please inform your server of any food allergies that you may have.

Please ask your server for any adjustments to your order.

wk2friday



A Benchmark Signature Living Community

The GALA Dining Room

STARTERS

Split Pea Soup

Autumn Wheat Berry Salad

ENTREES

Roast Sirloin of Beef

rosemary demi glace and served with sauteed green beans and mashed potato

Chicken, Broccoli & Penne

parmesan cream sauce



HEART HEALTHY

(under 500 mg sodium, under 10% saturated fat, no added salt)

Smoked Salmon Plate

Smoked salmon, toasted plain bagel, cream cheese, sliced tomato, sliced egg, and red onion

DESSERT

German Chocolate Cake

Ice Cream, Sugar Free Ice Cream, Frozen Yogurt, Pudding, Sugar Free Gelatin, Fresh Fruit Cup

Please inform your server of any food allergies that you may have.

wk2 Saturday



A Benchmark Signature Living Community

*The GALA Dining Room
Sunday Brunch*

Omelet and Belgian Waffles Made to Order

Oatmeal Bar

Sliced Fruit, Fresh Bagels & Assorted Baked Goods

Carved Ribeye of Beef

Scrambled Eggs

Cheese Blintzes; blueberry compote

hickory Smoked Bacon, Maple Sausage Link, Breakfast Potatoes

Garden Steamed Vegetable Medley

Chef's Selection of Entrée

Please ask your server for daily selections.

Please inform your server of any food allergies that you may have.

Please ask your server for any adjustment to your order.

wk2 Sunday Brunch