Fresh START

Cochran's closes at 2pm on Fridays, Saturdays and Tuesday, October,13th(B&A).
Please stop by the Village Store for a variety of sandwiches, wraps, salads, fruit, and parfaits.

EAST

	SUNDAY 10/4/26 (ARNOLD HOUSE ONLY)	MONDAY 10/5/26	TUESDAY 10/6/26	WEDNESDAY 10/7/26	THURSDAY 10/8/26	FRIDAY 10/9/26	SATURDAY 10/10/2026
SOUP	Classic Tomato Soup	Miso Vegetable Soup	Chicken Tortilla Soup	Turkey Barley Soup	Autumn Vegetable Soup	New England Clam Chowder	Tuscan White Bean Soup
ENTREE SPECIALS	Honey Citrus Salmon	Sweet & Sour Chicken	GF - Chicken Quesadilla	Chicken Cordon Bleu	Maple Pecan Salmon	Mediterranean Shrimp	Chicken a la King
	Stuffed Portobello Mushroom	Ginger Pineapple Mahi Mahi	Birria	BBQ Pork Loin	American Goulash	Chicken Picatta	Crab- Flounder Flounder
	Sauteed Kielbasa Sausage & Seasonal Veg's	Beef Bulgogi	Wedge Salad	Blackened Redfish	Beet & Mandarin Salad	Salisbury Steak with Mushroom Gravy	Beef Bolognese Lasagna Roll-Ups
SIDES	Creamy Polenta	Sesame Ginger Soba Noodles	Traditional Mexican Rice	Smoked Gouda Mac &Cheese	Basmati Rice	Savory Herb Couscous	Traditional Stuffing
	Italian Tortellini Salad	Sugar Snap Peas	Mexican Corn (Esquites Style)	Honey Glazed Baby Carrots	German Potato Salad	Mashed Sweet Potatoes	Cranberry Apple Slaw
	House-Made Pickled Beets	White Rice	Sauteed Peppers and Onions	Sauteed Italian Kale	Sauteed Spinach	Italian Roasted Vegetables	Garlic Roasted Red Potatoes
	Roasted Garlic Green Beans	Steamed Bok Choy with Ginger - Sesame Drizzle	Black Beans	House Made Baked Beans	Steamed Broccoli Florets	Roasted Beets	Carrot Raisin Salad

Daily Chef Feature: $15 • Daily Vegetarian Feature: $12 • Daily Steak & Seafood: $18
Daily Chef Features includes your choice of 2 sides & soup or salad

Week 1

Please inform your server of any allergies or dietary restrictions.
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FreshSTART

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EAST

	SUNDAY 10/11/26 (ARNOLD HOUSE ONLY)	MONDAY 10/12/26	TUESDAY 10/13/26	WEDNESDAY 10/14/26	THURSDAY 10/15/26	FRIDAY 10/16/26	SATURDAY 10/17/26
SOUP	Rustic Potato & Kale Soup	Creamy Spinach Soup	Fire Roasted Sweet Corn & Poblano	Navy Bean & Ham Soup	Creamy Butternut Squash	New England Clam Chowder	Classic Tomato Soup
ENTREE SPECIALS	Braised Beef Tips	Creamy Smothered Chicken Breast	Carne Guisada	Hummus Trio	Redfish in Lemon Caper Sauce	Roasted Tofu, Root Vegetables, & Chickpeas	Supreme Grilled Cheese Sandwich
	Bacon Wrapped Pork Tenderloin	Seafood Salad on Greens	Turkey Melt	Rosemary Chicken Thigh	Vegetable Lasagna	Beer-Battered Cod	Southwest Black Bean Burger
	Warm Mushroom & Barley Salad	Philly Cheestake Sandwich	Garlic-Lime Salmon	Ham Steak	Chicken Cacciatore	House-Roasted Turkey Breast	Salisbury Steak with Mushroom Gravy
SIDES	Creamy Polenta	Grits with Cheese	Traditional Refried Beans	Savory Herb Couscous	Italian Roasted Vegetables	Brown Rice	Garden Mac Salad
	Garlic Chive Smashed Red Potatoes	Roasted Yukon Potatoes	Traditional Mexican Rice	Tri-Colored Roasted Carrots	Lemon Butter Brussels Sprouts	Mediterranean Sauteed Eggplant	Corn, Pepper & Tomato Succotash
	Turmeric Roasted Cauliflower	Braised Red Cabbage	Roasted Carrots & Zucchini	Roasted Paprika Sweet Potato Wedges	Italian Roasted Red Bliss Potatoes	Potato Wedges	Braised Collard Greens
	Sauteed Spinach	Honey Thyme Carrots	Creamy Succotash	Roasted Wild Mushrooms and Leeks with Thyme-Sherry Glaze	Jasmine Rice	Creamy Root Vegetable Coleslaw	Steamed Broccoli Florets

Daily Chef Feature: $15 • Daily Vegetarian Feature: $13 • Daily Steak & Seafood: $18
Daily Chef Features includes your choice of 2 sides & soup or salad
D

Week 2

Please inform your server of any allergies or dietary restrictions.
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Fresh START

MONTHLY B&A

EAST

	SUNDAY 10/18/26 (ARNOLD HOUSE ONLY)	MONDAY 10/19/26	TUESDAY 10/20/26	WEDNESDAY 10/21/26	THURSDAY 10/22/26	FRIDAY 10/23/26	SATURDAY 10/24/26
SOUP	Italian Wedding Soup	Potato Cheddar Soup	Chicken Tortilla Soup	White Wine Cheese Soup	Broccoli Cheddar Soup	New England Clam Chowder	Creamy Asparagus Soup
ENTREE SPECIALS	Herb Grilled New York Strip	House Roasted Turkey Breast	Open-Face Pork Sandwich	Chicken Marsala	Shrimp & Sausage Boil	Beef Stroganoff	Herb Grilled Flank Steak
	Chicken Picatta	Grilled Portobello Melt	Shredded Chicken Tacos	Pesto Salmon	Shrimp Poboy	Carolina BBQ Pulled Pork Sliders	BBQ Brisket Sliders
	Grilled Pork Chop with Apple Chutney	Beef Pot Roast	Mediterranean Cod w/ Artichoke & Palm Salad	Shredded Pork Loin	Roasted BBQ Chicken	Cobb Chicken Salad	Maple Glazed Pecan Salmon
SIDES	Herb Butter Farfalle Pasta	Barley Pilaf	Borracho Beans	Glazed Peas & Carrots	House Made Baked Beans	Turmeric Basmati Rice with Herbs	Smoked Gouda Mac & Cheese
	Grits with Cheese	Roasted Carrots & Leeks with Thyme Butter	Traditional Mexican Rice	Roasted Carrots & Cauliflower	Sauteed Mustard Greens with Garlic & Shallot	Rosemary Roasted Potato Wedges	Cider Braised Kale
	Steamed Asparagus	Cornbread Stuffing	Mexican Corn	Parmesan Farro	Garden Macaroni Salad	Steamed Broccoli Florets	Buttered Steamed Carrots
	Roasted Delicata Squash	Green Bean Casserole	Calabacitas con Maiz	Caprese Salad	Cut Green Beans with Hot Bacon Vinaigrette	Corn, Pepper & Tomato Succotash	German Potato Salad

Daily Chef Feature: $15 • Daily Vegetarian Feature: $13 • Daily Steak & Seafood: $18
Daily Chef Features includes your choice of 2 sides & soup or salad

Week 3

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FreshSTART

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EAST

	SUNDAY 10/25/26 (ARNOLD HOUSE ONLY)	MONDAY 10/26/26	TUESDAY 10/27/26	WEDNESDAY 10/28/26	THURSDAY 10/29/26	FRIDAY 10/30/26	SATURDAY 10/31/26
SOUP	Split Pea Soup	Chicken & Sausage Gumbo	Tomato Rice Soup	Cream of Pumpkin Soup	Lasagna Soup	New England Clam Chowder	Loaded Baked Potato Soup
ENTREE SPECIALS	Herb-Roasted Chicken	Southern Fried Catfish	Carintas Burrito	Butternut Squash & Sage Orecchiette	Chicken Parmesan	Parmesan Crusted Cod	Roasted Chicken Breast
	Beef Bolognese Lasagna Roll-Ups	Cajun Pepper Steak	Cilantro Lime Chicken Bowl	BBQ Pork Ribs	Shrimp Alfredo	Dijon Pork Loin	Baked Lemon Flounder
	Vegetable Lasagna	House Roasted Turkey Breast	Garlic-Lime Salmon	House Roasted Turkey with Brown Gravy	Mediterranean Sauteed Eggplant	Caprese Chicken Sandwich	Maple Glazed Pork Tenderloin
SIDES	Cheesy Rice	Traditional Stuffing	Borracho Beans	Cheese & Chive Whipped Potatoes	Steamed California Blend Veggies	Lemon Rice Pilaf	Spring Farro Pilaf
	Mixed Vegetables	White Cheddar Grit Cakes	Cilantro Lime Rice	Corn & Peas	Creamed Spinach	Sauteed Rainbow Chard	Cauliflower & Romanesco Medley
	Green Beans & Mushrooms	Braised Collard Greens	Roasted Carrots & Zucchini	Steamed Broccoli Florets	Herb Butter Spaghetti Pasta	Roasted Yellow Squash	Greek Lima Beans with Stewed Tomatoes
	Herbed Farro	Green Bean Casserole	Cucumber, Tomato & Onion Salad	Sauteed Mushrooms	Garlic Breadstick	Baked Potato	Lightly Steamed Spring Vegetables

Daily Chef Feature: $15 • Daily Vegetarian Feature: $13 • Daily Steak & Seafood: $18
Daily Chef Features includes your choice of 2 sides & soup or salad

Week 4

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FreshSTART

Cochran's closes at 2pm on Fridays, Saturdays and Tuesday, November,10th,(B&A).
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EAST

	SUNDAY 11/1/26 (ARNOLD HOUSE ONLY)	MONDAY 11/2/26	TUESDAY 11/3/26	WEDNESDAY 11/4/26	THURSDAY 11/5/26	FRIDAY 11/6/26	SATURDAY 11/7/2026
SOUP	Classic Tomato Soup	Sweet Potato Coconut Soup	Chicken Tortilla Soup	Turkey Barley Soup	Autumn Vegetable Soup	New England Clam Chowder	Tuscan- White Bean
ENTREE SPECIALS	Honey Citrus Salmon	Sweet & Sour Chicken	GF- Chicken Quesadilla	Chicken Cordon Bleu	Maple Glazed Pecan Salmon	Mediterranean Shrimp	Chicken a la King
	Stuffed Portobello Mushroom	Ginger Pineapple Mahi Mahi	Birria	BBQ Pork Loin	American Goulash	Chicken Picatta	Crab-Stuffed Flounder
	Sauteed Kielbasa Sausage & Seasonal Veg's	Beef Bulgogi	Wedge Salad	Blackened Redfish	Beet & Mandarin Salad	Salisbury Steak with Mushroom Gravy	Beef Bolognese Lasagna Roll-Ups
SIDES	Creamy Polenta	Sesame Ginger Soba Noodles	Traditional Mexican Rice	Smoked Gouda Mac &Cheese	Basmati Rice	Savory Herb Couscous	Traditional Stuffing
	Italian Tortellini Salad	Sugar Snap Peas	Mexican Corn (Esquites Style)	Honey Glazed Baby Carrots	German Potato Salad	Mashed Sweet Potatoes	Cranberry Apple Slaw
	House-Made Pickled Beets	White Rice	Sauteed Peppers and Onions	Sauteed Italian Kale	Sauteed Spinach	Italian Roasted Vegetables	Garlic Roasted Red Potatoes
	Roasted Garlic Green Beans	Steamed Bok Choy with Ginger - Sesame Drizzle	Black Beans	House Made Baked Beans	Steamed Broccoli Florets	Roasted Beets	Carrot Raisin Salad

Daily Chef Feature: $15 • Daily Vegetarian Feature: $12 • Daily Steak & Seafood: $18
Daily Chef Features includes your choice of 2 sides & soup or salad

Week 1

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FreshSTART

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EAST

	SUNDAY 11/8/26 (ARNOLD HOUSE ONLY)	MONDAY 11/9/26	TUESDAY 11/10/26	WEDNESDAY 11/11/26	THURSDAY 11/12/26	FRIDAY 11/13/26	SATURDAY 11/14/26
SOUP	Rustic Potato & Kale Soup	Cream Spinach Soup	Fire Roasted Sweet Corn & Poblano	Navy Bean & Ham Soup	Butternut Squash Soup	New England Clam Chowder	Classic Tomato Soup
ENTREE SPECIALS	Braised Beef Tips	Creamy Smothered Chicken Breast	Carne Guisada	Hummus Trio	Redfish in Lemon Caper Sauce	Roasted Tofu, Root Vegetables, & Chickpeas	Supreme Grilled Cheese Sandwich
	Bacon Wrapped Pork Tenderloin	Seafood Salad on Greens	Turkey Melt	Rosemary Chicken Thigh	Vegetable Lasagna	Beer-Battered Cod	Southwest Black Bean Burger
	Warm Mushroom & Barley Salad	Philly Cheestake Sandwich	Garlic-Lime Salmon	Ham Steak	Chicken Cacciatore	House-Roasted Turkey Breast	Salisbury Steak with Mushroom Gravy
SIDES	Creamy Polenta	Grits with Cheese	Traditional Refried Beans	Savory Herb Couscous	Italian Roasted Vegetables	Brown Rice	Garden Macaroni Salad
	Garlic Chive Smashed Red Potatoes	Roasted Yukon Potatoes	Traditional Mexican Rice	Tri-Colored Roasted Carrots	Lemon Butter Brussels Sprouts	Mediterranean Sauteed Eggplant	Corn, Pepper & Tomato Succotash
	Turmeric Roasted Cauliflower	Braised Red Cabbage	Roasted Carrots & Zucchini	Roasted Paprika Sweet Potato Wedges	Italian Roasted Red Bliss Potatoes	Potato Wedges	Braised Collard Greens
	Sauteed Spinach	Honey Thyme Carrots	Creamy Succotash	Roasted Wild Mushrooms and Leeks with Thyme-Sherry Glaze	Jasmine Rice Potatoes	Creamy Root Vegetable Coleslaw	Steamed Broccoli Florets

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Daily Chef Features includes your choice of 2 sides & soup or salad
D

Week 2

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Fresh START

MONTHLY B&A

EAST

	SUNDAY 11/15/26 (ARNOLD HOUSE ONLY)	MONDAY 11/16/26	TUESDAY 11/17/26	WEDNESDAY 11/18/26	THURSDAY 11/19/26	FRIDAY 11/20/26	SATURDAY 11/21/26
SOUP	Italian Wedding Soup	Potato Cheddar Soup	Chicken Tortilla Soup	White Wine Cheese Soup	Broccoli Cheddar Soup	New England Clam Chowder	Creamy Asparagus Soup
ENTREE SPECIALS	Herb Grilled New York Strip	House- Roasted Turkey Breast	Open-Face Pork Sandwich	Chicken Marsala	Shrimp & Sausage Boil	Beef Stroganoff	Herb Grilled Flank Steak
	Chicken Picatta	Grilled Portobello Melt	Shredded Chicken Tacos	Pesto Salmon	Shrimp Poboy	Carolina BBQ Pulled Pork Sliders	BBQ Brisket Sliders
	Grilled Pork Chop with Apple Chutney	Beef Pot Roast	Mediterranean Cod	Shredded Pork Loin	Roasted BBQ Chicken	Cobb Chicken Salad	Maple Glazed Pecan Salmon
SIDES	Herb Butter Farfalle Pasta	Barley Pilaf	Borracho Beans	Glazed Peas & Carrots	House Made Baked Beans	Turmeric Basmati Rice with Herbs	Smoked Gouda Mac & Cheese
	Grits with Cheese	Roasted Carrots & Leeks with Thyme Butter	Traditional Mexican Rice	Roasted Carrots & Cauliflower	Sauteed Mustard Greens with Garlic & Shallot	Rosemary Roasted Potato Wedges	Cider Braised Kale
	Steamed Asparagus	Traditional Stuffing	Mexican Corn	Parmesan Farro	Garden Macaroni Salad	Steamed Broccoli Florets	Buttered Steamed Carrots
	Roasted Delicata Squash	Green Bean Casserole	Calabacitas con Maiz	Caprese Salad	Cut Green Beans with Hot Bacon Vinaigrette	Corn, Pepper & Tomato Succotash	German Potato Salad

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Week 3

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EAST

	SUNDAY 11/22/26 (ARNOLD HOUSE ONLY)	MONDAY 11/23/26	TUESDAY 11/24/26	WEDNESDAY 11/25/26	THURSDAY CLOSED	FRIDAY 11/27/26	SATURDAY 11/28/26
SOUP	Split Pea Soup	Chicken & Sausage Gumbo	Tomato Rice Soup	Cream of Pumpkin Soup		New England Clam Chowder	Loaded Baked Potato Soup
ENTREE SPECIALS	Herb-Roasted Chicken	Southern Fried Catfish	Carintas Burrito	Butternut Squash & Sage Orecchiette		Parmesan Crusted Cod	Roasted Chicken Breast
	Beef Bolognese Lasagna Roll-Ups	Cajun Pepper Steak	Cilantro Lime Chicken Bowl	BBQ Pork Ribs		Dijon Pork Loin	Baked Lemon Flounder
	Vegetable Lasagna	House- Roasted Turkey Breast	Garlic-Lime Salmon	House Roasted Turkey with Brown Gravy	Happy Thanksgiving!	Caprese Chicken Sandwich	Maple Glazed Pork Tenderloin with Apple Chutney
SIDES	Cheesy Rice	Traditional Stuffing	Borracho Beans	Cheese & Chive Whipped Potatoes		Lemon Rice Pilaf	Farro Pilaf
	Mixed Vegetables	White Cheddar Grit Cakes	Cilantro Lime Rice	Corn & Peas		Sauteed Rainbow Chard	Cauliflower & Romanesco Medley
	Green Beans & Mushrooms	Braised Collard Greens	Roasted Carrots & Zucchini	Steamed Broccoli Florets		Roasted Yellow Squash	Greek Lima Beans with Stewed Tomatoes
	Herbed Farro	Green Bean Casserole	Cucumber, Tomato & Onion Salad	Sauteed Mushrooms		Baked Sweet Potato	Lightly Steamed Beets

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Week 4

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EAST

	SUNDAY 11/29/26 (ARNOLD HOUSE ONLY)	MONDAY 11/30/26					
SOUP	Classic Tomato Soup	Split Pea Soup					
ENTREE SPECIALS	Honey Citrus Salmon	House Roasted Turkey Breast					
	Stuffed Portobello Mushroom	Waldorf Salad					
	Sauteed Kielbasa Sausage & Seasonal Veg's	Roasted Salmon					
SIDES	Creamy Polenta	Traditional Stuffing					
	Italian Tortellini Salad	White Rice					
	House-Made Pickled Beets	Green Bean Casserole					
	Roasted Garlic Green Beans	Honey- Thyme Carrots					

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Week 1

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