



MENU OPTIONS 2025

(subject to change)

BREAKFAST OPTIONS: CHOOSE ONE

1. CONTINENTAL BREAKFAST

- Hard-boiled Egg/Yogurt (half of each number called in)
- Danish
- Fruit Platter
- Granola Bar

2. LIGHT BREAKFAST: CHOOSE ONE

- Breakfast Roll – Choice of Sausage OR Spinach OR Broccoli
- Quiche – Choice of Sausage, Broccoli, Spinach (Crustless Quiche Available)
- Breakfast Casserole (Sausage/Cheese/Hashbrowns/Eggs)
- French Toast Casserole (Eggs/French Bread Cubes/Brown Sugar/Butter)

All options above include Fruit Platter and Granola Bar

Add a side of bacon or breakfast sausage to the above items for an upcharge

3. FULL BREAKFAST:

- Scrambled Eggs, Home Fries, Sausage & Bacon, Danish, Fresh Fruit

All breakfast options include a Breakfast Beverage Station:

Coffee (Regular/Decaf), Hot Water with Assorted Tea, Cranberry & Orange Juice, and Water.

LUNCH OPTIONS: CHOOSE ONE

1. SANDWICHES: CHOICE OF TWO SANDWICHES

- **Grilled Chicken:** Arugula, sun-dried tomatoes, Muenster cheese with pesto mayo.
- **Grilled Vegetable:** Portabella mushroom, zucchini, and roasted red peppers topped with arugula and pesto mayo.
- **Turkey BLT Wrap:** Oven-roasted turkey, avocado, wrapped with BLT.
- **Tuna on Rye Bread:** Tuna salad mix with lettuce and tomato.

The above sandwich options come with your Choice of Caesar, Tossed, Potato, Macaroni, or Cold Pasta Salad and cookies

2. FINGER SANDWICHES: variety of tuna salad, egg salad, chicken salad & seafood salad on mini rolls.

Includes Chips & Cookies

3. COLD CUTS SANDWICH PLATTER: lunchmeat and cheese variety on hard rolls (build your own)

Includes Chips & Cookies

4. COLD CUTS SANDWICH PLATTER WITH TOSSED SALAD: lunchmeat and cheese variety on hard rolls (build your own)

Includes Cookies

All lunch options include a Beverage Station with Coffee (Regular/Decaf), Hot Water with Assorted Tea, Iced Tea, Crystal Light Lemonade, and Water.

DINNER OPTIONS: CHOOSE ONE OF EITHER PASTA, CHICKEN, HADDOCK, OR OTHER

PASTA: CHOOSE ONE

- **Pasta Fagioli:** *Beans and sun-dried tomatoes in a light chicken broth.*
- **Pasta with Meatballs:** *Pasta with a red sauce and homemade meatballs (add sausage for \$1).*
- **Eggplant Parmesan w/ziti:** *thinly sliced, breaded eggplant, baked until crispy, topped with tomato sauce and a blend of mozzarella and parmesan cheese.*
- **Pasta & Broccoli with Alfredo Sauce:** *Pasta & Broccoli with Creamy Alfredo Sauce*
- **Baked Cavatelli with Meatballs:** *Cavatelli pasta with a red sauce with homemade meatballs (add sausage for \$1):*

All above options Include choice of Caesar Salad OR Tossed Salad, Rolls, and Dessert.

ITALIAN FEAST: CHOOSE ONE

- **Pasta with Meatballs, Italian Sausage & Peppers**
Includes tossed salad, rolls & dessert
- **Lasagna with fresh spinach and sweet sausage**
Includes tossed salad, rolls, & dessert

CHICKEN DISHES: - CHOOSE ONE

- **Chicken Kabobs:**
Chicken, eggplant, cherry tomatoes, and portabella mushroom
- **Stuffed Chicken:**
Chicken filled with spinach, tomatoes, and ricotta cheese
- **Chicken Cordon Bleu:**
Breaded baked chicken breast stuffed with Swiss cheese & ham
- **Chicken Franchise:**
Egg-battered chicken breast in a lemon and butter sauce
- **Chicken Marsala:**
Sautéed chicken with mushroom marsala sauce

The above 5 chicken choices come with a choice of Rice OR Roasted Potatoes OR Mashed Potatoes, vegetable of the day, tossed salad, rolls, and dessert.

- **Chicken Riggies:**
Pasta, chicken, cherry peppers, mushrooms in a light buttery wine sauce.
- **Chicken Broccoli Alfredo**
Pasta, Chicken and Broccoli with Creamy Alfredo sauce

The above 2 chicken choices come with tossed salad, rolls, and dessert.

HADDOCK: CHOOSE ONE

- **FRIED HADDOCK:**
Breaded and fried (fish fry)
Choice of French Fries OR Baked Potato, coleslaw, rolls, and dessert.
- **BAKED HADDOCK:**
Baked Haddock with lemon butter wine sauce.
Comes with Choice of Rice, Pasta, Baked Potato, OR Roasted Potato, vegetable of the day, tossed salad, rolls, and dessert.
- **HADDOCK OREGANATA:**
Baked haddock over greens in a lemon butter wine sauce.
Comes with Choice of Rice, Baked Potato OR Pasta Marinara, tossed salad, bread, and dessert.

OTHER DINNER OPTIONS:

TASTE OF UTICA:

- **VODKA CHICKEN RIGGIES:**
Pasta, chicken, cherry peppers, mushrooms in a light buttery cream sauce
- **UTICA GREENS:**
escarole sauteed with garlic and olive oil. Most recipes include hot cherry peppers, pecorino cheese, breadcrumbs, prosciutto
- **TOMATO PIE:**
thick and savory pizza crust topped with tomato sauce and parmesan cheese
- **ANTIPASTO SALAD:**
a bed of lettuce topped with assorted Italian meats, cheese, olives

Served with rolls and dessert

STUFFED PORK TENDERLOIN:

Pork tenderloin stuffed with bread, apple, and sausage stuffing.

Choice of Sweet Potatoes OR Mashed Potatoes, vegetable of the day, tossed salad, bread, and dessert.

All dinner options include a Beverage Station with Coffee (Regular/Decaf), Hot Water with Assorted Tea, Iced Tea, Crystal Light Lemonade, and Water.

SNACKS: CHOOSE ONE

- Assorted Fruit Platter
- Pepperoni, Cheese and Crackers
- Grazing Board Option #1- Salami, Cheese, Grapes, Crackers
- Spinach Artichoke Dip with Tortilla Chips
- Rolls: Sausage OR Spinach OR Broccoli
- Chips and Pretzels

Note: The Good News Center does not stock items for gluten-free, diabetic, vegan, or strict dietary needs. To protect individuals with dietary restrictions, The Good News Center requires those with such needs to provide their own food and take full responsibility for their meals. Thank you. Prices and menus are subject to change. 9/25/25