



Lunch

| Week 5 | Monday December 19 | Tuesday December 20 | Wednesday Decemebr 21 | Thursday December 22 | Friday December 23 | Saturday December 24 | Sunday December 25 |
|----------|----------------------------|--|--------------------------|----------------------------|------------------------|---------------------------------------|--------------------------------------|
| Soup | * Tomato Rice | Potato Pancakes w/ Sour Cream & Applesauce | * Cream of Broccoli | Mulligatawny Soup | Potato Leek | * Minestrone Soup | * Tomato Kale |
| Entrée 1 | Turkey Burger | * Egg Salad Sandwich | California Chicken Salad | Assorted Sandwich on White | Turkey Kale Orzo Salad | Philly Cheese Steak Sub | Vegetarian Crepe |
| side | Sweet Potato Fries | Israeli Salad | Pita | * Beet & Onion Salad | Dinner Roll | French Fries | Fresh Seasonal Fruit |
| Entrée 2 | Hawaiian Pizza | Corned Beef on Rye | Grilled Cheese Sandwich | Leek & Bacon Quiche | * Egg Salad Sandwich | Chicken Salad Sandwich on Whole Wheat | Scrambeled Eggs, Bacon & Hash Browns |
| Side | Sweet Potato Fries | Israeli Salad | House Salad | * Beet & Onion Salad | House Salad | Garden Salad | Fresh Seasonal Fruit |
| Dessert | Strawberry Banana Smoothie | Apple Cake | Ice Cream | Cinnamon Danish | Pecan Streusel Cake | Carrot Cake | Assorted Desserts |

Dinner

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|-----------|--------------------------|----------------------------|---------------------------|-------------------------------|------------------------------|---------------------------|--|
| Appetizer | * Orange & Spinach Salad | House Salad | * Quinoa Salad | Mixed Green Salad | Mini Spring Rolls Plum Sauce | Artichoke Salad | Mixed Green Salad |
| Entrée 1 | Shepherds Pie | Butter Chickpeas on Rice | Turkey Divan | Penne & Meat Sauce | Ginger Soy Glazed Cod | Braised Beef Pot Roast | * Roast Turkey with Traditional Dressing Cranberry Sauce & Gravy |
| Side | Mashed Potatoes | Naan Bread | Mini Roasted Red Potatoes | Garlic Bread | Steamed Rice | Roasted Potatoes | Mashed Potatoes |
| Entrée 2 | Mild Italian Sausage | Fish n' Chips Tartar Sauce | Lamb Curry | * Coq au Vin Chicken Thighs | Teriyaki Beef & Broccoli | Pork Goulash | 0 |
| Side | Mashed Potatoes | | Naan Bread | Steamed Potatoes with Parslev | Steamed Rice | Roasted Potatoes | Mashed Potatoes |
| Vegetable | * Corn Beet & Pea Medley | Coleslaw | *Cauliflower | Green Beans | Sauteed Bok Choy | Roasted Carrots | Brussels Sprouts |
| Vegetable | 0 | Seasoned Peas | Zucchini | Braised Red Cabbage | Tangy Coleslaw | Sauteed Spinach | Buttered Corn |
| Dessert | Warm Bread Pudding | Assorted Desserts | Maple Chocolate Cake | Brownies & Ice Cream | Pineapple Upsidedown Cake | Peppermint Bark Ice Cream | Eggnog Custard |

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local

Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea. Bacon on Saturdays and Sundays, sausages on Tuesdays and Wednesdays.

Meal Times: Breakfast 7:30-9:00a.m.; Lunch First Seating 11:45-12:30, Second Seating 12:30-1:15; Dinner First Seating 4:45-5:30, Second Seating 5:30-6:15