



Lunch

Week 1	Monday March 27	Tuesday March 28	Wednesday March 29	Thursday March 30	Friday March 31	Saturday April 1	Sunday April 2
Soup	White Bean and Chorizo Soup	French Canadian Pea Soup	Beef Barley	* Tomato Vegetable	Chef's Choice	* Red Lentil Soup	Caramelized Onion Soup
Entrée 1	Curried Chicken Salad Plate	Grilled Chicken Salad Plate	* Tuna Salad on Multigrain	Chicken Shawarma Salad Plate	Baby Shrimp Salad on Croissant	All Dressed Nathan's Hot Dog	Smoked Turkey & Guacamole Sandwich
side	Dinner Roll	Pita	Caesar Salad	Pita	House Salad	French Fries	Mixed Green Salad
Entrée 2	Cubano Sandwich	Grilled Salami & Provolone Sandwich	Pepperoni Pizza	* Salmon Salad Sandwich	Chicken Strips with Plum Sauce	Monte Cristo Sandwich	Vegetarian Pizza
Side	Tossed Salad	Tomato and Cucumber Salad	Caesar Salad	Tossed Salad	French Fries	Tossed Salad	Mixed Green Salad
Dessert	Mango Ice Cream	Fresh Fruit Salad	Assorted Desserts	Danishes	Rice Pudding	Nanaimo bar	Maple Walnut Ice Cream
Dinner							
Appetizer	Caesar Salad	* Bruschetta	Cucumber Dill Salad	* Guacamole with Taco Chips	* Broccoli Salad	* Quinoa Salad	* Corn and Black Bean Salad
Entrée 1	Oven Roasted Chicken Breast w/ Garlic Cream Sauce	Shrimp Brouchette Chive Beurre Blanc	Chicken Pot Pie	Yucatan Pork Shoulder Pickled Red Onion	Sole with Brown Butter Caper Sauce	Meat Lasagna	Chicken Cordon Blue
Side	Scalloped Potatoes	Rice Pilaf	Roasted Potatoes	Mexican Rice	Mashed Potatoes	Garlic Bread	Mini Roasted Red Potatoes
Entrée 2	Baked Ham Pineapple Salsa	Spanish Style Pork Loin	Pan Fried Beef Liver With Onions & Gravy	Chicken w/ Salsa Verde	Sweet & Sour Meatballs	Braised Turkey Thigh With Cider & Apple	* Baked Salmon Dill Sauce
Side	Scalloped Potatoes	Rice Pilaf	Roasted Potatoes	Mexican Rice	Mashed Potatoes	Parslied Boiled Potatoes	Mini Roasted Red Potatoes
Vegetable	Brussels Sprouts	* Corn Beet & Pea Medley	Sauteed Cabbage	Mexican Street Corn	* Yellow Beets	Seasonal Vegetables	Roasted Carrots
Vegetable	Yellow Wax Beans		Zucchini	Sauteed Red & Yellow Peppers	*Cauliflower	Buttered Corn	Sauteed Spinach
Dessert	Vanilla Spongecake & Strawberry Compote	Chocolate Cake	Carrot Cake	Churros & Ice Cream	* Warm Apple Crisp	Chocolate Ice Cream & Cherry Compote	Assorted Desserts

* 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, Juice, Milk, Coffee and Tea. Bacon on Saturdays and Sundays, sausages on Tuesdays and Wednesdays.

Meal Times: Breakfast 7:30-9:00 am; 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