



Lunch

Week 4	Monday March 6	Tuesday March 7	Wednesday March 8	Thursday March 9	Friday March 10	Saturday March 11	Sunday March 12
Soup	Cream of Mushroom	Chicken Noodle	Beef Vegetable	Chef's Special	* Cream of Cauliflower	Chicken Rice	* Navy Bean Soup
Entrée 1	Turkey Gouda & Onion Sandwich	Roast Beef Sandwich with Horseradish Aioli	Chicken Salad Sandwich on Whole Wheat	Turkey, Spinach & Mandarin Salad	Cobb Salad	Canadian Club Sandwich	Tuna Nicoise Salad Kalamata Olive Tomato Green Bean
side	* Spinach Salad	Tossed Salad	* Marinated Cucumber & Tomato Salad	Pita	Dinner Roll	Cucumber Dill Salad	Dinner Roll
Entrée 2	Julienne Salad Plate	* Vegetarian Dhal	Baked Beans & Weiners	* Avocado, Bacon & Swiss Sandwich	Perogies with Bacon & Sour Cream	Sundried Tomato and Goat Cheese Flatbread	* Eggs Benedict
Side	Dinner Roll	Naan	Whole Wheat Toast	* Orange & Spinach Salad	Garden Salad	Cucumber Dill Salad	Homefried Potatoes
Dessert	Assorted Desserts	Fresh Watermelon	Chocolate Croissant	Date Square	Nanaimo bar	Peaches & Raspberry Sauce	Fresh Fruit Salad

Dinner

Appetizer	House Salad	Cucumber Dill Salad	Fish Cakes with Chive Cream	Seven Bean Salad	Garlic Cheese Bread	Shrimp with Cocktail Sauce	* Kale and Apple Salad
Entrée 1	Veal Cutlet Milano	Beef Steak Pie	Honey Lime Chicken Thighs	Beef Burgundy, Pearl Onions Mushroom	Oktoberfest Sausage	Pork Tenderloin Hungarian Style	Roast Chicken Leg
Side	Scalloped Potatoes	Herb & Garlic Roast Potatoes	Mashed Potatoes	Parslied Boiled Potatoes	Roasted Potatoes	Roasted Mini Red Potatoes	Mashed Potatoes
Entrée 2	Glazed Ham with Brown Sugar Orange and 5 Spice	Turkey al a King	Rosemary Roast Lamb	Haddock with Pimento Hollandaise Sauce	Turkey Schnitzel	Chef's Special	Roast Beef au Jus with Yorkshire Pudding
Side	Scalloped Potatoes	Herb & Garlic Roast Potatoes	Mashed Potatoes	Parslied Boiled Potatoes	Roasted Potatoes	Roasted Mini Red Potatoes	Mashed Potatoes
Vegetable	* Seasoned Beets	Green Beans	* Cauliflower	Diced Carrots	Braised Red Cabbage	Vegetable Medley	Roasted Carrots
Vegetable	Brussels Sprouts	Braised Red Cabbage	Buttered Leeks	* Broccoli	Roasted Turnips	Sauteed Spinach	Peas & Pearl Onions
Dessert	Sticky Toffee Pudding	Cinnamon Sugar Donuts	Mixed Berry Crumble	Assorted Desserts	German Chocolate Cake	* Apple Brown Betty	Tuxedo Truffle Mousse Cake

* 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 7:30-9:00; 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