



Lunch

Week 6	Monday March 20	Tuesday March 21	Wednesday March 22	Thursday March 23	Friday March 24	Saturday March 25	Sunday March 26
Soup	* Tomato Basil Soup	* Apple Leek Butternut	* Cream of Broccoli	French Canadian Pea Soup	Tomato & Red Pepper Soup	Beef Vegetable	Chef's Choice
Entrée 1	Roast Beef Sandwich with Horseradish Aioli	Italian Pasta Primavera	Peameal Bacon on Potato Roll with Lettuce, Tomato	* Smoked Salmon Croissant with Cream Cheese	BLT Sandwich	Spinach & Mushroom Quiche	Sloppy Joes
side	Tossed Salad	Garden Salad	House Salad	* Spinach Salad	Cucumber Dill Salad	Garden Salad	Mixed Green Salad
Entrée 2	Creamy Mac & Cheese	Chef's Special	Shrimp & Avocado Salad	Turkey Club	Seafood Salad Plate	Turkey and Cranberry Wrap	Honey Garlic Chicken Wings
Side	Garlic Bread	Garden Salad	Dinner Roll	* Spinach Salad	Dinner Roll	Garden Salad	Mixed Green Salad
Dessert	Tripleberry Bar	Ice Cream	Mango Coconut Smoothie	Caramel Coffee Cake Muffin	Assorted Desserts	Apple Danish	Assorted Desserts

Dinner

Appetizer	Green Salad, Sesame Vinaigrette	House Salad	* Spanokopita with Tzatziki Sauce	Tomato and Cucumber Salad	Coconut Shrimp	Caesar Salad	Crab Cakes & Mango Salsa
Entrée 1	Sweet Chili Chicken	Lamb Pot Pie	Cabbage Rolls in Tomato Sauce	Chicken Cacciatore	Pan Seared Snapper and Pineapple Salsa	Pork Tenderloin Robert Sauce	Seared White Fish with Coconut Lime Sauce
Side	Steamed Rice	Mashed Potatoes	Lyonnais Potatoes	Baked Potato	Roasted Sweet Potatoes	Steamed Potatoes with Parsley	Rice Pilaf
Entrée 2	Honey Hoisin Pork Chops	* Tuna and Cheese Casserole	BBQ Chicken	Four Cheese Ravioli Marinara Sauce	Jerk Chicken & Mango Chutney	French Onion Beef Brisket	Jamaican Beef Stew
Side	Steamed Rice	Garlic Bread	Lyonnais Potatoes	Garlic Bread	Roasted Sweet Potatoes	Steamed Potatoes with Parsley	Rice Pilaf
Vegetable	*Cauliflower	Roasted Parsnips	Buttered Corn	Roasted Carrots	Sauteed Red Beans	* Seasoned Beets	Vegetable Medley
Vegetable	Sauteed Bok Choy	Seasoned Peas	Sauteed Red & Yellow Peppers	Green & Gold Beans	Tangy Jamaican Slaw	* Broccoli	*Cauliflower
Dessert	Boston Cream Pie	Pecan Pie	Assorted Desserts	Lemon Steusel Cake & Blueberry Sauce	Baked Custard	Cookies & Ice Cream	Coconut Custard Pie

* 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 a.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