



Lunch

Week 5	Monday July 17	Tuesday July 18	Wednesday July 19	Thursday July 20	Friday July 21	Saturday July 22	Sunday July 23
Soup	* Tomato Rice	Chicken & Dill	* Cream of Broccoli	Mulligatawny Soup	Potato Leek	* Minestrone Soup	* Tomato Kale
Entrée 1	Turkey Burger	Roast Beef & Cheddar Sandwich on Whole Wheat	California Chicken Salad	Assorted Sandwich on White	Turkey Mango Salad	Philly Cheese Steak Sub	Vegetarian Crepe
side	Sweet Potato Fries	Tossed Salad	Pita	* Beet & Onion Salad	Dinner Roll	French Fries	Fresh Seasonal Fruit
Entrée 2	Hawaiian Pizza	Grilled Chicken Breast on Warm Roast Vegetable Salad	Nathan's Hot Dog	Leek & Bacon Quiche	* Egg Salad on Croissant	Chicken Salad Sandwich on Whole Wheat	Scrambled Eggs, Bacon & Hash Browns
Side	Sweet Potato Fries	Dinner Roll	Potato Chips	* Beet & Onion Salad	House Salad	Garden Salad	Fresh Seasonal Fruit
Dessert	Pecan Streusel Cake	Ice Cream	Apple Cake	Cinnamon Danish	Strawberry Banana Smoothie	Carrot Cake	Assorted Desserts

Dinner

Appetizer	* Orange & Spinach Salad	House Salad	* Quinoa Salad	Garden Salad	Mini Spring Rolls Plum Sauce	Artichoke Salad	Greek Salad
Entrée 1	Shepherds Pie	Butter Chickpeas on Rice	Turkey Divan	Penne & Meat Sauce	Ginger Soy Glazed Cod	Stuffed Pepper	Mediterranean Chicken
Side	Mashed Potatoes	Naan Bread	Mini Roasted Red Potatoes	Garlic Bread	Steamed Rice	Mashed Potatoes	Roasted Mini Red Potatoes
Entrée 2	Mild Italian Sausage	Fish n' Chips Tartar Sauce	Lamb Curry	* Coq au Vin Chicken Thighs	Teriyaki Beef & Broccoli	Pork Goulash	Sole Filet w/ Parsley Sauce
Side	Mashed Potatoes		Naan Bread	Steamed Potatoes with Parslev	Steamed Rice	Mashed Potatoes	Roasted Mini Red Potatoes
Vegetable	* Corn Beet & Pea Medley	Coleslaw	*Cauliflower	Green Beans	Tangy Coleslaw	Roasted Carrots	Mixed Vegetables
Vegetable		Seasoned Peas	Zucchini	Braised Red Cabbage	Sauteed Bok Choy	Sauteed Spinach	
Dessert	Strawberry Shortcake	Assorted Desserts	Maple Chocolate Cake	Brownies & Ice Cream	Pineapple Upsidedown Cake	Raspberry Cheesecake	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, 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