



Lunch

Week 3	Monday September 25	Tuesday September 26	Wednesday September 27	Thursday September 28	Friday September 29	Saturday September 30	Sunday October 1
Soup	* Apple Leek Butternut	Broccoli & Cheese Soup	* French Lentil Soup	Chef's Choice	Beef Vegetable Soup	Cream of Celery	Carrot and Sweet Potato Soup
Entrée 1	Executive Salad Plate	Grilled Roast Beef & Caramelized Onion Sandwich	Turkey & Red Pepper Crepe	Grilled Chicken Breast on Greek Salad	Chef's Special	Avocado & Tuna Salad Plate	* Salmon Salad on Pita Bread
side	Dinner Roll	Tossed Salad	Garden Salad	Pita		Dinner Roll	Caesar Salad
Entrée 2	BBQ Beef on a Bun	Fresh Fruit & Cottage Cheese Plate	French Toast & Bacon	* Smoked Salmon Red Onion Capers on Rye	Filet of Fish on Bun	Pulled Pork Sandwich	Beef Burger with Guacamole & Bacon
Side	House Salad	House Baked Scone	Fresh Seasonal Fruit	Greek Salad	Creamy Coleslaw	* Purple Apple Slaw	Caesar Salad
Dessert	Mixed Berry Smoothie	Chocolate Pudding	* Blueberry Lemon Loaf	Chocolate Banana Loaf	* Peach & Yogurt Parfait	Strawberry Crepe	Assorted Desserts

Dinner

Appetizer	Spring Salad	* Chickpea Salad	House Salad	* Kale and Apple Salad	* Quinoa Salad	Cucumber Dill Salad	Brie Pear and Honey Crostini
Entrée 1	Sweet & Sour Pork	New Orleans Cajun Haddock	Crispy Chicken & Gravy	Hawaiian Pork Tenderloin	Slow Roast Pork Butt au Jus	Steak w/ Shallot Balsamic Demi Glaze	Tuscan Roast Pork Loin
Side	Steamed Rice	Mashed Potatoes	Mini Roasted Red Potatoes	Steamed Rice	Roasted Sweet Potatoes	Lyonnais Potatoes	Baked Potato
Entrée 2	Chicken Snow Pea & Pepper Stir Fry	Beef Meatloaf	Roasted Mushroom Ravioli	* Spinach And Ricotta Pasta	Honey Dijon Chicken	Sole Viennoise Tartar Sauce	* Filet of Cod Provencale
Side	Steamed Rice	Mashed Potatoes	Garlic Bread	Garlic Bread	Roasted Sweet Potatoes	Lyonnais Potatoes	Baked Potato
Vegetable	Stir Fry Vegetables	Peas & Carrots	Sauteed Spinach	* Broccoli	Sauteed Red & Yellow Peppers	Roasted Squash	Diced Carrots
Vegetable			Seasoned Peas	* Cauliflower	Buttered Corn	Seasoned Peas	Sauteed Spinach
Dessert	Black Forest Cake	Berry Burst Cake	Chocolate Ice Cream Sundae	* Blueberry Pie	Assorted Desserts	Egg Tart	Boston Cream 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; 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