



Lunch

Week 1	Monday October 23	Tuesday October 24	Wednesday October 25	Thursday October 26	Friday October 27	Saturday October 28	Sunday October 29
Soup	* Cream of Tomato	French Canadian Pea Soup	Beef Barley	* Tomato Vegetable	Chef's Choice	* Red Lentil Soup	Caramelized Onion Soup
Entrée 1	Executive 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	Meatball Sub	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	Blueberry Crepes	Fresh Fruit Salad	Assorted Desserts	Danishes	Rice Pudding	Nanaimo bar	Maple Walnut Ice Cream
Dinner							
Appetizer	Caesar Salad	* Guacamole with Taco Chips	Cucumber Dill Salad	Green Salad	* Broccoli Salad	* Quinoa Salad	House Salad
Entrée 1	Oven Roasted Chicken Breast w/ Garlic Cream Sauce	Shrimp Brouchette Chive Beurre Blanc	Chicken Pot Pie	Beef Stroganoff on Egg Noodles	Sole with Brown Butter Caper Sauce	Meat Lasagna	Chicken Cordon Blue
Side	Scalloped Potatoes	Rice Pilaf	Roasted Potatoes	Mashed Potatoes	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	* Baked Haddock with Basil Tomatoes	Sweet & Sour Meatballs	Braised Turkey Thigh With Cider & Apple	* Baked Salmon Dill Sauce
Side	Scalloped Potatoes	Rice Pilaf	Roasted Potatoes	Buttered Egg Noodles	Mashed Potatoes	Parslied Boiled Potatoes	Mini Roasted Red Potatoes
Vegetable	Brussels Sprouts	* Corn Beet & Pea Medley	Sauteed Cabbage	* Green Beans Almondine	* Yellow Beets	Seasonal Vegetables	Roasted Carrots
Vegetable	Yellow Wax Beans		Zucchini	Seasoned Peas	*Cauliflower	Buttered Corn	Sauteed Spinach
Dessert	Strawberry Rhubarb Pie	Chocolate Cake	Carrot Cake	Churros & Ice Cream	* Warm Apple Crisp	Lemon Meringue Pie	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