



Lunch

Week 6	Monday October 16	Tuesday October 17	Wednesday October 18	Thursday October 19	Friday October 20	Saturday October 21	Sunday October 22
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	Fresh Watermelon	Mango Coconut Smoothie	Caramel Coffee Cake Muffin	Assorted Desserts	Cherry Strudel	Cookies & Ice Cream

Dinner

Appetizer	Green Salad, Sesame Vinaigrette	House Salad	* Spanokopita with Tzatziki Sauce	Tomato and Cucumber Salad	Strawberry, Goat Cheese & Spring Greens	Caesar Salad	Coconut Shrimp w/ Citrus Aioli
Entrée 1	Sweet Chili Chicken	Lamb Pot Pie	Cabbage Rolls in Tomato Sauce	Chicken Cacciatore	BBQ Baby Back Ribs	Pork Tenderloin Robert Sauce	English Bangers Onion Gravy
Side	Steamed Rice	Mashed Potatoes	Lyonnais Potatoes	Baked Potato	Rice Pilaf	Steamed Potatoes with Parsley	Mashed Potatoes
Entrée 2	Honey Hoisin Pork Chops	* Tuna and Cheese Casserole	BBQ Chicken	Four Cheese Ravioli Marinara Sauce	Chili Lime Turkey Breast	French Onion Beef Brisket	Moroccan Beef Stew
Side	Steamed Rice	Garlic Bread	Lyonnais Potatoes	Garlic Bread	Rice Pilaf	Steamed Potatoes with Parsley	Mashed Potatoes
Vegetable	*Cauliflower	Roasted Parsnips	Buttered Corn	Roasted Carrots	Seasonal Vegetables	* Seasoned Beets	Vegetable Medley
Vegetable	Sauteed Bok Choy	Seasoned Peas	Sauteed Red & Yellow Peppers	Green & Gold Beans	Roasted Squash	* Broccoli	*Cauliflower
Dessert	* Apple Pie	Pecan Pie	Assorted Desserts	Lemon Streusel Cake & Blueberry Sauce	Baked Custard	Ice Cream Sundaes	Coconut 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 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