



## Lunch

Week 5	Monday January 1	Tuesday January 2	Wednesday January 3	Thursday January 4	Friday January 5	Saturday January 6	Sunday January 7
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	Hashbrowns & Tomato Slices	Tossed Salad	Pita	* Beet & Onion Salad	Dinner Roll	French Fries	Fresh Seasonal Fruit
Entrée 2	* Eggs Benedict	Grilled Chicken Breast on Warm Roast Vegetable Salad	Grilled Cheese Sandwich	Leek & Bacon Quiche	* Egg Salad on Croissant	Chicken Salad Sandwich on Whole Wheat	Scrambled Eggs, Bacon & Hash Browns
Side	Hashbrowns & Tomato Slices	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	* Smoked Salmon Crostini	House Salad	Risotto Balls & Garlic Mayo	Garden Salad	Mini Spring Rolls Plum Sauce	Artichoke Salad	Greek Salad
Entrée 1	Shepherds Pie	Butter Chickpeas on Rice	Turkey Divan	Penne & Meat Sauce	Teriyaki Beef & Broccoli	Veal Marsala	Mediterranean Chicken
Side	Mashed Potatoes	Naan	Mini Roasted Red Potatoes	Garlic Bread	Steamed Rice	Mashed Potatoes	Roasted Mini Red Potatoes
Entrée 2	Pork Stir Fry	Fish n' Chips Tartar Sauce	Lamb Curry	* Coq au Vin Chicken Thighs	Miso Soy Glazed Cod	Pork Goulash	Sole Filet w/ Parsley Sauce
Side	Shanghai Noodles		Naan Bread	Steamed Potatoes with Parslev	Steamed Rice	Mashed Potatoes	Roasted Mini Red Potatoes
Vegetable	* Broccoli	Coleslaw	*Cauliflower	Green Beans	Tangy Coleslaw	Roasted Carrots	Mixed Vegetables
Vegetable	Diced Carrots	Seasoned Peas	Zucchini	* Seasoned Broccoli	Sauteed Bok Choy	Buttered Corn	
Dessert	Pumpkin Pie	Assorted Desserts	Chocolate Mousse	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**