



## Lunch

Week 2	Monday January 22	Tuesday January 23	Wednesday January 24	Thursday January 25	Friday January 26	Saturday January 27	Sunday January 28
Soup	Hearty Scotch Broth	Egg Drop Soup	Butternut Squash Soup	* Tomato Dill Soup	Corn Chowder	Carrot and Sweet Potato Soup	* Minestrone Soup
Entrée 1	Crispy Chicken Caesar Salad	* Tuna Salad on Multigrain	Seafood Salad Plate	* Egg Salad Sandwich	Chili con Carne Corn Bread	Poutine	Black Forest Ham & Swiss
side	Dinner Roll	Mixed Green Salad	Dinner Roll	Roasted Cauliflower Salad w/ Lemon Tahini Dressing	Garden Salad	House Salad	Mixed Green Salad
Entrée 2	Roast Beef Wrap	Pancakes & Bacon	Cheddar Bacon Burger	Smoked Salmon Bagel	* Grilled Apple & Cheddar on Sourdough	* Turkey Almond Salad Sandwich	* Tuna Melt on English Muffin
Side	Caesar Salad	Fresh Seasonal Fruit	French Fries	Roasted Cauliflower Salad w/ Lemon Tahini Dressing	Garden Salad	House Salad	Mixed Green Salad
Dessert	Mango Coconut Smoothie	Tapioca Pudding & Oranges	Maple Danish	Assorted Desserts	Ambrosia Salad	Chocolate Silk Truffle Sheet Cake	Double Chocolate Brownies
Dinner							
Appetizer	Tossed Salad	Sausage Roll	* Cranberry Spinach Salad	Haddock Soup	* Caprese Salad	Onions Rings & Chipotle Dip	House Salad
Entrée 1	* Grilled Chicken Pesto Cream Sauce	Spaghetti & Meatballs	Maple Mustard Glazed Pork Loin	Herb Roast Leg of Lamb	* Parmesan Crusted Chicken & Tomato Sauce	Goat Cheese & Portabella Pasta	Roast Beef Striploin au Jus
Side	Mashed Potatoes	Garlic Bread	Scalloped Potatoes	Mashed Potatoes	Garlic Mashed Potatoes	Garlic Bread	Roasted Potatoes
Entrée 2	Salisbury Steak Mushroom Gravy	Turkey Schnitzel	Vegetarian Lasagna	Chicken w/Whisky Onion Gravy	Butternut Squash Ravioli	Pan Roasted Salmon Filet with a Lemon-Dill Yogurt	Thai Shrimp Curry
Side	Mashed Potatoes	Steamed Potatoes with Parsley	Garlic Bread	Mashed Potatoes	Garlic Bread	Brown Rice	Steamed Rice
Vegetable	Seasoned Peas	Green & Gold Beans	Roasted Mushrooms	Roasted Turnips	Roasted Carrots	Zucchini	Buttered Corn
Vegetable	*Cauliflower	Braised Red Cabbage	Sauteed Spinach	Buttered Leeks	Green Beans	* Broccoli	Seasonal Vegetables
Dessert	Caramel Swirl Cake	Panna Cotta	* Cherry Pie	Apple Cranachan	Salted Caramel Pretzel Brownie	Assorted Desserts	Crème Brulee Cheesecake

\* 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 1st Seating 11:45-12:30, 2nd Seating 12:30-1:15; Dinner 1st Seating 4:45 -5:30, 2nd Seating 5:30-6:15**