



Lunch

Week 3	Monday January 29	Tuesday January 30	Wednesday January 31	Thursday February 1	Friday February 2	Saturday February 3	Sunday February 4
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	BBQ Beef on a Bun	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	Grilled Roast Beef & Caramelized Onion Sandwich	Fresh Fruit & Cottage Cheese Plate	French Toast & Bacon	Roasted Vegetable & Feta Frittata	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	Butterscotch Pudding & Vanilla Wafer	Chocolate Banana Loaf	* Blueberry Lemon Loaf	Banana Fritters	Strawberry Crepe	Assorted Desserts

Dinner

Appetizer	Spring Salad	* Chickpea Salad	Tossed Salad	Soy Sesame Cucumber Salad	* Quinoa Salad	Brie Pear and Honey Crostini	House Salad
Entrée 1	Sweet & Sour Pork	New Orleans Cajun Haddock	Crispy Chicken & Gravy	Hawaiian Pork Tenderloin	Slow Roast Pork Butt au Jus	Beef Pot Roast with Pan Sauce	Tuscan Roast Pork Loin
Side	Steamed Rice	Mashed Potatoes	Mini Roasted Red Potatoes	Chow Mein	Roasted Sweet Potatoes	Lyonnais Potatoes	Baked Potato
Entrée 2	Chicken Snow Pea & Pepper Stir Fry	Beef Meatloaf	Roasted Mushroom Ravioli	Ginger Scallion Cod Loin	Honey Dijon Chicken	Sole Viennoise Tartar Sauce	* Filet of Cod Provencale
Side	Steamed Rice	Mashed Potatoes	Garlic Bread	Chow Mein	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	Raspberry Cheesecake	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