



## Lunch

Week 4	Monday February 5	Tuesday February 6	Wednesday February 7	Thursday February 8	Friday February 9	Saturday February 10	Sunday February 11
Soup	Cream of Mushroom	Chicken Noodle	Corn Chowder	Chef's Special	* Cream of Cauliflower	Chicken Rice	* Navy Bean Soup
Entrée 1	Pancakes & Bacon	Corned Beef on Rye	Chicken Salad Sandwich on Whole Wheat	Turkey, Spinach & Mandarin Salad	Cobb Salad	Canadian Club Sandwich	Tuna Nicoise Salad Kalamata Olive Tomato Green Bean
side	Fresh Seasonal Fruit	Tossed Salad	Tomato and Cucumber Salad	Pita	Dinner Roll	Cucumber Dill Salad	Dinner Roll
Entrée 2	Julienne Salad Plate	* Vegetarian Dhal	Baked Beans & Weiners	* Avocado, Bacon & Swiss Sandwich	Perogies with Bacon & Sour Cream	Vegetarian Chili	Hawaiian Pizza
Side	Dinner Roll	Naan	Whole Wheat Toast	* Orange & Spinach Salad	Garden Salad	Dinner Roll	Sweet Potato Fries
Dessert	Assorted Desserts	Fresh Watermelon	Chocolate Croissant	Date Square	Nanaimo bar	Mini Donuts	Fresh Fruit Salad

## Dinner

Appetizer	Roasted Beet & Goat Cheese Salad	Cucumber Dill Salad	Fish Cakes with Chive Cream	Seven Bean Salad	* Smoked Salmon Mousse	House Made Dumplings	Tomato and Cucumber Salad
Entrée 1	Veal Cutlet Milano	Beef Steak Pie	Honey Lime Chicken Thighs	Beef Burgundy, Pearl Onions Mushroom	Tuscan Vegetable Lasagna	Shrimp Stir Fry	Roast Chicken Thigh
Side	Scalloped Potatoes	Herb & Garlic Roast Potatoes	Mashed Potatoes	Parslied Boiled Potatoes	Garlic Bread	Chow Mein	Mashed Potatoes
Entrée 2	Glazed Ham with Brown Sugar Orange and 5 Spice	Turkey al a King	Rosemary Roast Lamb	Haddock with Pimento Hollandaise Sauce	Turkey Schnitzel	Sesame Chicken	Roast Beef au Jus with Yorkshire Pudding
Side	Scalloped Potatoes	Herb & Garlic Roast Potatoes	Mashed Potatoes	Parslied Boiled Potatoes	Roasted Potatoes	Chow Mein	Mashed Potatoes
Vegetable	Buttered Corn	Green Beans	*Cauliflower	Diced Carrots	Braised Red Cabbage	Chinese Broccoli	Green Beans
Vegetable	Brussels Sprouts	Zucchini	Buttered Leeks	* Broccoli	Yellow Waxed Beans	Sauteed Bok Choy	Peas & Pearl Onions
Dessert	* Pecan Pie	Red Velvet Cake	* Peach Cobbler	Assorted Desserts	Sticky Toffee Pudding	Egg Tart	Tuxedo Truffle Mousse Cake

\* 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**