



Lunch

Week 6	Monday January 8	Tuesday January 9	Wednesday January 10	Thursday January 11	Friday January 12	Saturday January 13	Sunday January 14
Soup	* Tomato Basil Soup	* Apple Leek Butternut	* Cream of Broccoli	French Canadian Pea Soup	Tomato & Red Pepper Soup	Beef Vegetable	
Entrée 1	Montreal Smoked Meat Sandwich with Mustard & Pickles	Open Face Hot Turkey Sandwich	Peameal Bacon on Potato Roll with Lettuce, Tomato	* Smoked Salmon Croissant with Cream Cheese	BLT Sandwich	Spinach & Mushroom Quiche	Brunch Buffet
side	Tossed Salad	French Fries	House Salad	* Spinach Salad	Cucumber Dill Salad	Garden Salad	
Entrée 2	Creamy Mac & Cheese	Chef's Special	Shrimp & Avocado Salad	Turkey Club	Curried Chicken Salad Plate	Shrimp & Vermicelli Noodle Salad	Brunch Buffet
Side	Garlic Bread	Garden Salad	Dinner Roll	* Spinach Salad	Dinner Roll	Garden Salad	
Dessert	Tripleberry Bar	Fresh Watermelon	Mango Coconut Smoothie	Caramel Coffee Cake Muffin	Assorted Desserts	Cherry Strudel	Assorted Desserts

Dinner

Appetizer	Green Salad, Sesame Vinaigrette	House Salad	* Spanokopita with Tzatziki Sauce	Tomato and Cucumber Salad	* Corn and Black Bean Salad	Caesar Salad	House Salad
Entrée 1	Sweet Chili Chicken	Braised Lamb Leg au Jus	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	Garlic, Soy & Lime Roasted Chicken Thighs	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	Cinnamon Bun ice cream & Pancake Bites	Baked Custard	Coconut Cream Pie	Warm Bread Pudding

* 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