



## Lunch

Week 2	Monday March 4	Tuesday March 5	Wednesday March 6	Thursday March 7	Friday March 8	Saturday March 9	Sunday March 10
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
<b>Dinner</b>							
Appetizer	Tossed Salad	Sausage Roll	Garden Salad	* Cranberry Spinach Salad	Haddock Soup	Onions Rings & Chipotle Dip	House Salad
Entrée 1	* Grilled Chicken Pesto Cream Sauce	Spaghetti & Meatballs	Maple Mustard Glazed Pork Loin	Shrimp Stir Fry	* Parmesan Crusted Chicken & Tomato Sauce	Goat Cheese & Portabella Pasta	Roast Beef Striploin au Jus
Side	Mashed Potatoes	Garlic Bread	Scalloped Potatoes	Steamed Rice	Garlic Mashed Potatoes	Garlic Bread	Roasted Potatoes
Entrée 2	Salisbury Steak Mushroom Gravy	Turkey Schnitzel	Vegetarian Lasagna	Butter Chicken & Naan	Butternut Squash Ravioli	Pan Roasted Salmon Filet with a Lemon-Dill Yogurt	Thai Shrimp Curry
Side	Mashed Potatoes	Steamed Potatoes with Parsley	Garlic Bread	Steamed Rice	Garlic Bread	Brown Rice	Steamed Rice
Vegetable	Seasoned Peas	Green & Gold Beans	Roasted Mushrooms	Stir Fry Vegetables	Roasted Carrots	Zucchini	Buttered Corn
Vegetable	*Cauliflower	Braised Red Cabbage	Sauteed Spinach	Sauteed Bok Choy	Green Beans	* Broccoli	Seasonal Vegetables
Dessert	Caramel Swirl Cake	Panna Cotta	* Cherry Pie	Fruit Cobbler	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**