



## Lunch

Week 4	Monday March 18	Tuesday March 19	Wednesday March 20	Thursday March 21	Friday March 22	Saturday March 23	Sunday March 24
Soup	Cream of Mushroom	Chicken Noodle	Corn Chowder	Spanish White Soup	Lentil Soup	* Minestrone Soup	* Navy Bean Soup
Entrée 1	Pancakes & Bacon	Corned Beef on Rye	Chicken Salad Sandwich on Whole Wheat	Grilled Ham & Cheese Sandwich	Moroccan Cobb Salad	Grilled Chicken Caesar Salad	Tuna Nicoise Salad Kalamata Olive Tomato Green Bean
side	Fresh Seasonal Fruit	Tossed Salad	Tomato and Cucumber Salad	Tomato & Olive Salad	Dinner Roll	Toasted Sourdough	Dinner Roll
Entrée 2	Julienne Salad Plate	* Vegetarian Dhal	Baked Beans & Weiners	Vegetable Frittata	Curried Chicken Wrap	Margarita Pizza	Hawaiian Pizza
Side	Dinner Roll	Naan	Whole Wheat Toast	Tomato & Olive Salad	Garden Salad	Caesar Salad	Sweet Potato Fries
Dessert	Assorted Desserts	Fresh Watermelon	Chocolate Croissant	Assorted Desserts	Nanaimo bar	Mini Donuts	Fresh Fruit Salad

## Dinner

Appetizer	Roasted Beet & Goat Cheese Salad	Cucumber Dill Salad	Fish Cakes with Chive Cream	Patatas Bravas	Roasted Cauliflower Salad with Almonds	* Caprese Salad	Grilled Flatbread & Hummus
Entrée 1	Veal Cutlet Milano	Beef Steak Pie	Honey Lime Chicken Thighs	Chicken thigh with Red Pepper & Tomato Sauce	Moroccan Beef Stew	Tuscan Vegetable Lasagna	Beef Kofta with Yogurt Dip
Side	Scalloped Potatoes	Herb & Garlic Roast Potatoes	Mashed Potatoes	Spanish Rice	Garlic Bread	Garlic Bread	Potato Pancakes
Entrée 2	Glazed Ham with Brown Sugar Orange and 5 Spice	Turkey al a King	Rosemary Roast Lamb	Cod with Lemon Herb & Caper Sauce	Roast Turkey & Coriander Chutney	Veal Piccata	Zaatar Baked Salmon
Side	Scalloped Potatoes	Herb & Garlic Roast Potatoes	Mashed Potatoes	Spanish Rice	Roasted Potatoes	Roasted Potatoes	Potato Pancakes
Vegetable	Buttered Corn	Green Beans	*Cauliflower	Asparagus	Seasoned Peas	Broccolini	Green Beans
Vegetable	Brussels Sprouts	Zucchini	Buttered Leeks	Yellow Waxed Beans	Roasted Root Vegetables	Roasted Tomatoes	Roasted Beets
Dessert	* Pecan Pie	Red Velvet Cake	* Peach Cobbler	Churros & Ice Cream	Citrus Cake with Raspeberry Coulis	Tiramisu Cake	Pistachio Chocolate Ice Cream

\* 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**