



Lunch

Week 2	Monday April 15	Tuesday April 16	Wednesday April 17	Thursday April 18	Friday April 19	Saturday April 20	Sunday April 21
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	* Peach Danish	Assorted Desserts	Ambrosia Salad	Chocolate Silk Truffle Sheet Cake	Double Chocolate Brownies
Dinner							
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