

Weekly Menu Week 4



Lunch

Week 4	Monday June 5	Tuesday June 6	Wednesday June 7	Thursday June 8	Friday June 9	Saturday June 10	Sunday June 11
Soup	Potato and Bacon	Chicken Noodle	New England Clam Chowder	* Tomato Basil Soup	* Cream of Cauliflower	Country Vegetable	Beef Vegetable
Entrée 1	Grilled Turkey & Gouda Sandwich	Beef Fajita Sour Cream and Salsa	Canadian Club Sandwich	* Tuna Salad Sandwich	*Turkey BLT Basil Romaine Bowl	Eggs Benedict with Hollandaise	Smoked Salmon Croissant with Chive Cream Cheese
side	Cucumber Dill Salad	Mixed Green Salad	Spinach & Watercress Salad	Chickpea Salad	Dinner Roll	Fresh Seasonal Fruits	Summer Salad
Entrée 2	Julienne Salad	Cheese and Spinach Cannelloni with Tomato Sauce	Quiche Lorraine Bacon Onion Swiss Cheese	Greek Style Beef Burger	Perogies with Bacon & Sour Cream	Strawberry Pancake with Breakfast Sausage	Vegetarian Quesadilla
Side	Dinner Rolls	Mixed Green Salad	Spinach & Watercress Salad	French Fries	House Salad	Fresh Seasonal Fruits	Summer Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Spring Greens with Strawberries and Goat	Egg Rolls with Plum Sauce	Carrot Pineapple Raisin Salad	Sweet and Sour Chicken Bites	Caesar Salad	Vegetables Stick with Hummus	Fried Calamari with Lemon Aioli
Entrée 1	Shrimp & Vegetable Stir Fry	Sole Filet Gremolata	Spaghetti with Meatballs	Grilled Pork Chop with Chumichurri Sauce	Fish n Chips with Lemon Wegde and Tartar Sauce	Mild Jerk Pork Loin with Mango Salsa	English Bangers with Onion Gravy
Side	Basmati Rice	Lyonnaise Potatoes	Caesar Salad & Garlic Toast	Parslied Boiled Potatoes	Creamy Coleslaw	Roasted Sweet Potatoes	Mashed Potatoes
Entrée 2	Butter Chicken Naan Bread	Pork Medallion Peach and Mango Chutney	Rosemary Roast Lamb	Honey Lime Chicken Thighs	Beef Pot Roast	Maple Orange Glazed Chicken Breast	Herb Roasted Veal with red wine shallots jus
Side	Basmati Rice	Lyonnaise Potatoes	Mashed Potatoes	Parslied Boiled Potatoes	Roast Garlic Mashed Potatoes	Roasted Sweet Potatoes	Mashed Potatoes
Vegetable		Sweet Corn	Asparagus	Carrots	Sugar Snap Peas	Zucchini	*Cauliflower
Vegetable	Stir Fry Vegetables	Roasted Beets	* Stuffed Tomato	* Broccoli	* Yellow Beets	Baked Squash	French Green Beans
Dessert	* Peach Melba	Mango Ice Cream	Assorted Cakes & Squares	* Blueberry Pie	Banana Cake	Strawberries and Cream	Pecan Streusel Cake

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Strawberry

Breakfast - Daily menu choices - Boiled Eggs, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea