



## Lunch

Week 4	Monday July 17	Tuesday July 18	Wednesday July 19	Thursday July 20	Friday July 21	Saturday July 22	Sunday July 23
Soup	Sweet Potato & Lentil Soup	Chicken Noodle	New England Clam Chowder	* Tomato Basil Soup	French Onion Soup	Cream of Vegetable	Beef Barley
Entrée 1	Grilled Turkey & Gouda Sandwich	Beef Fajita Sour Cream and Salsa	Canadian Club Sandwich	* Tuna Salad Sandwich	*Turkey BLT Basil Romaine Bowl	Scrambled Egg with Bacon & Toast	Smoked Salmon Croissant with Chive Cream Cheese
side	Cucumber Dill Salad	Mixed Green Salad	Spinach & Watercress Salad	* Orange & Spinach Salad	Dinner Roll	Fresh Seasonal Fruits	Summer Salad
Entrée 2	Fresh Fruit Plate with Cottage Cheese	Cheese and Spinach Cannelloni with Tomato Sauce	Quiche Lorraine Bacon Onion Swiss Cheese	Greek Style Beef Burger	Butternut Squash Ravioli with Rose Sauce	Strawberry Pancake with Breakfast Sausage	Vegetarian Quesadilla
Side	Banana Loaf	Mixed Green Salad	Spinach & Watercress Salad	French Fries	Garlic Bread	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	Cauliflower Bites	Carrot Pineapple Raisin Salad	Waldorf Salad	Assorted Canapes	Roasted Beets and Peaches on Spring Mix	Mozzarella Stick with Marinara Sauce
Entrée 1	Shrimp & Vegetable Stir Fry	Sole Filet Gremolata	Spaghetti Bolognese with Garlic Bread	Pork Picatta with Lemon Caper Sauce	Classic Duck Confit	Roasted Pork Loin with Hunter Sauce	Turkey & Sundried Tomato Sausage
Side	Basmati Rice	Parisienne Potato	Caesar Salad	Parslied Boiled Potatoes	Potato Au Gratin	Roasted Potatoes	Mashed Potatoes
Entrée 2	Butter Chicken Naan Bread	Pork Medallion Peach and Mango Chutney	Rosemary Roast Lamb	Honey Lime Chicken Thighs	Grilled Salmon a la Nicoise	Maple Orange Glazed Chicken Breast	Braised Veal Shooulder with Red Wine Jus
Side	Basmati Rice	Parisienne Potato	Mashed Potatoes	Parslied Boiled Potatoes	Rice and Quinoa	Roasted Potatoes	Mashed Potatoes
Vegetable		Sweet Corn	Sugar Snap Peas	Turnips	Provençal Tomato	Zucchini	*Cauliflower
Vegetable	Stir Fry Vegetables	Roasted Beets	Yellow Waxed Beans	* Broccoli	Roasted Carrots & Fennel	Baked Squash	French Green Beans
Dessert	* Peach Melba	Homemade Bread Pudding	English Trifle	Espresso Ice Cream	Crème Brulee	Pecan Pie	Assorted Desserts

\* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Cherry

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