



Lunch

Week 3	Monday Aug 21	Tuesday Aug 22	Wednesday Aug 23	Thursday Aug 24	Friday Aug 25	Saturday Aug 26	Sunday Aug 27
Soup	Corn Chowder	Turkey Noodle Soup	Tortellini Soup	Roasted Red Pepper Bisque	Beef Vegetable	Mulligatawny Soup	Potato & Leek
Entrée 1	*Turkey, Quinoa, & Black Bean Bowl with Lime Cilantro Yogurt	Deli Sandwich	Crispy Chicken Sandwich with Chipotle Aioli on Potato Bun	Hawaiian Pizza	*Salmon Salad Sandwich	*Vegetarian Cheese Omelet with Bacon & Toast	BBQ Beef Sandwich with Cheddar and Caramelized Onion
side	Cibatta Bun	Kale and Apple Salad	French Fries	Caesar Salad	Greek Salad	Fresh Seasonal Fruit	Mixed Green Salad
Entrée 2	All Dressed Nathan's Hot Dog	Pulled Pork with Coleslaw on a Bun	Roasted Vegetable Wrap with Goat Cheese & Hummus	Sweet Peppers & Ricotta Frittata	Grilled Avocado Bacon and Swiss on Sourdough Bread	Belgian Waffles & Sausage Link	* Vegetarian Chili with Cornbread Muffin
Side	House Salad	Sweet Potato Fries	French Fries	Toast & Tomato Slices	Greek Salad	Fresh Seasonal Fruit	Mixed Green Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Vegetable Samosa	* Chickpea Salad	* Beet & Onion Salad	* Spanokopita with Tzatziki Sauce	House Salad	Onion Rings with Chiptle Mayo	Mini Spring Rolls Plum Sauce
Entrée 1	Cottage Pie	Pan fried Sole Filet with Tarragon Brown Butter	Traditional Beef Lasagna	Pork Schnitzel with Lemon Butter Sauce	BBQ Baby Back Ribs	Spinach and Cheese Cannelloni	English Bangers with Onion Gravy
Side	Mashed Potato	Parslied Boiled Potatoes	Chef's Salad & Garlic Bread	Baked Potato	French Fries	Garlic Toast & Tossed Salad	Garlic Mashed Potatoes
Entrée 2	Sweet & Sour Pork	Chicken Thigh Marbella stewed with Apricot Prune and Raisin	Curried Lamb Stew	Crunchy Perch with Cucumber Dill Relish	Chicken Souvlaki with Tzatziki Sauce	Beef Stroganoff	*Poached Salmon with Lemon Dill Sauce
Side	Rice Pilaf	Parslied Boiled Potatoes	Roasted Mini Potato	Baked Potato	Lemon Oregano Potato	Egg Noodles	Garlic Mashed Potatoes
Vegetable	Sauteed Bok Choy	Cauliflower	* Broccoli	Roasted Baby Carrots	Buttered Corn	Asparagus	Baked Squash
Vegetable	Diced Carrots	Seasoned Green Beans	Sauteed Red Peppers	Green Peas	Zucchini	* Stuffed Tomato	French Green Beans
Dessert	Pecan Pie	Peach Crumble	Tiramisu Mousse	Maple Walnut Ice	Buttertart Bar	Lemon Tart	* Cherry Pie

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Peaches

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