



Lunch

Week 6	Monday Sept 11	Tuesday Sept 12	Wednesday Sept 13	Thursday Sept 14	Friday Sept 15	Saturday Sept 16	Sunday Sept 17
Soup	Chicken Long Rice	Cream of Asparagus	Roasted Red Pepper	*Minestrone Soup	Beef Barley	Cream of Vegetable	Tomato Rice
Entrée 1	Beef Taco Salad with Guacamole, Salsa, Sour Cream, Tortilla Chips	Shaved Beef on Yorkshire Pudding au Jus	Monte Cristo Sandwich	Spaghetti Pasta Carbonara	Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce	Belgian Waffles & Sausage Link	Tempura Shrimp on Quinoa Salad
side	Garlic Bread	Spring Salad	Potato Salad	Garlic Toast & Tossed Salad	Creamy Coleslaw	Fresh Seasonal Fruit	Garlic Toast
Entrée 2	Fried Ham, Egg and Cheddar on Everything Bagel	* Turkey Almond Salad Sandwich	*Tuna Nicoise Salad Kalamata Olive Tomato Green Bean	Baked Beans & Winers with Cheddar Cheese	Julienne Salad	Western Cheese Omelet with Bacon & Toast	Italian Meatball Sub with Marinara Sauce
Side	Waldorf Salad	Spring Salad	Dinner Roll	Garlic Toast & Tossed Salad	Dinner Roll	Fresh Seasonal Fruit	Garden Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Greek Salad	Crispy Cauliflower Bites	Veggie Sticks & Dip	* Guacamole with Taco Chips	* Beet & Onion Salad	* Smoked Salmon Pinwheels	Brie Pear and Honey Crostini
Entrée 1	Veal Parmesan	Pork Drummies with Pineapple Curry Sauce	Vegetable Lasagna	Seafood Newburg on Pastry Shell	Glazed Ham with Brown Sugar Orange and 5 Spice	Grilled Flank Steak with Romesco Sauce	Pesto Crusted Basa Filet Topped with Bruschetta Tomatoes
Side	Roasted Mini Potato	Steamed Rice	Garlic Toast		Baked Potato & Sour Cream	Parmentiere Potatoes	Mashed Potatoes
Entrée 2	Grilled Chicken Breast with Pico de Gallo	Sole Viennoise Tartar Sauce	Salisbury Steak with Mushroom Gravy	Southern Fried Chicken	Pan Fried Baby Beef Liver with Sautéed Onions & Gravy	Chicken Pot Pie	Veal & Root Vegetable Stew
Side	Roasted Mini Potato	Steamed Rice	Parisienne Potatoes	Chive Mashed Potatoes	Baked Potato & Sour Cream	Parmentiere Potatoes	Mashed Potatoes
Vegetable	Sweet Corn	*Cauliflower	* Seasoned Broccoli	Roasted Carrots	Buttered Corn	Braised Red Cabbage	Sauteed Bok Choy
Vegetable	Brussels Sprouts	Minted Peas	Sauteed Red Peppers	Asparagus	Zucchini	Baby Carrots	Baked Squash
Dessert	Vanilla Ice Cream Puff	Mixed Berry Crumble	Lemon Buttermilk Cake	Strawberry and Custard Tart	German Chocolate Cake	Nanaimo Bars	*Pecan Pie

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Corn

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