

Weekly Menu Week 1



Lunch

| Week 1 | Monday Sept 18 | Tuesday Sept 19 | Wednesday Sept 20 | Thursday Sept 21 | Friday Sept 22 | Saturday Sept 23 | Sunday Sept 24 |
|----------|--|---------------------------------------|---------------------------|----------------------------|---|---|---|
| Soup | Corn Chowder | White Navy Bean Soup | Cream of Mushroom | French Canadian Pea | Sauerkraut Soup | Turkey and Rice | Broccoli and Cheddar |
| Entrée 1 | * Tuna Salad on Multigrain | Fresh Fruit Plate with Cottage Cheese | Turkey Kale Orzo Salad | BBQ Chicken Ranch Salad | Fish n' Chips with Lemon Wedge & Tartar Sauce | Blueberry Pancake with Breakfast Sausage | Chef Salad Ham Turkey Tomato Egg Cheese |
| side | Summer Salad | Banana Loaf Bread | Ciabatta Bun | Garlic Toast | Creamy Coleslaw | Fresh Seasonal Fruit | Dinner Roll |
| Entrée 2 | Quiche Lorraine with Cheddar Cheese, Scallions & Bacon | Philly Cheese Steak Sub | Pepperoni Pizza | Crab Mac & Cheese | Roast Beef Sandwich with Horseradish Aioli | Poached Eggs on Corned Beef Hash on English Muffin with Hollandaise Sauce | Mushroom Ravioli with Marinara Sauce |
| Side | Summer Salad | French Fries | House Salad | Dinner Roll & Garden Salad | Arugula & Spinach Salad | Fresh Seasonal Fruit | Galic Toast & Tossed Salad |
| Dessert | Chef's Assorted Selection | Chef's Assorted Selection | Chef's Assorted Selection | Chef's Assorted Selection | Chef's Assorted Selection | Chef's Assorted Selection | Chef's Assorted Selection |

DINNER

| | | | | | | | |
|-----------|---------------------------|--|--|-------------------------------------|--|--|--|
| Appetizer | Sausage Rolls | Brie Pear and Honey Crostini | Spring Greens Strawberry Goat Cheese Salad | Mozzarella Sticks with Marina Sauce | Pretzel with Gherkin Pickles & Beer Cheese Dip | Spring Rolls with Plum Sauce | *Bruschetta |
| Entrée 1 | Shrimp Vegetable Stir Fry | Italian Pasta Primavera | Beef Meatloaf with Brown Gravy | Veal Marsala | Oktoberfest Sausage with Beer Onion Sauce | Tuscan Pork Loin with Gravy & Toasted Garlic Crumble | Braised Veal Shoulder |
| Side | Steamed Rice | Garlic Toast & Mixed Green Salad | Mashed Potato | Mini Roasted Red Potatoes | Scalloped Potato | Chived Mashed Potato | Mediterranean Rice |
| Entrée 2 | Chicken Thigh Adobo | Grilled Pork Chop with Rosemary Maple Butter | Pan Seared Tilapia Filet with Sundried Tomato Olive Sauce. | Herb Roast Lamb Mint Jelly | Bierfleisch (Beef Stew with Mushroom and Dark Lager) | Turkey Schnitzel with Lemon Butter Sauce | *Ginger Glazed Salmon Filet with Roasted Pineapple Salsa |
| Side | Steamed Rice | Paris | Mashed Potato | Mini Roasted Red Potatoes | Scalloped Potato | Chived Mashed Potato | Mediterranean Rice |
| Vegetable | Stir Fry Vegetables | *Beets | French Green Beans | *Cauliflower | Seasoned Green Peas | Zucchini | Roasted Carrots |
| Vegetable | | * Broccoli | Roasted Turnips | Sauteed Peppers | Braised Red Cabbage | Buttered Corn | Sugar Snap Peas |
| Dessert | Mixed Berry Cobbler | Banana Bread Pudding | Lemon Meringue Pie | Carrot Cake | Black Forest Cake | Tiramisu Mousse | Date Square |

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health

Oktoberfest Theme



Living Loving Local - Corn

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