



## Lunch

Week 2	Monday Sept 25	Tuesday Sept 26	Wednesday Sept 27	Thursday Sept 28	Friday Sept 29	Saturday Sept 30	Sunday Oct 1
Soup	Italian Wedding	French Lentil	Crab and Corn Egg Drop	Cream of Tomato	Fish & Seafood Chowder	Cream of Cauliflower	Carrot and Ginger
Entrée 1	Perogies with Sauteed Onion, Bacon, & Cheddar Cheese	Turkey Burger with Cranberry Aioli	Rueben Sandwich	Bacon Tomato & Cheese Grilled Sandwich	Fish Taco with Rainbow Slaw, Salsa & Sour Cream	Scrambled Egg with Bacon and Brown Toast	All Dressed Nathan's Hot Dog
side	Sour Cream & Mixed Green Salad	Sweet Potato Fries	Garden Salad	Greek Salad	French Fries	Mixed Fresh Fruit	Pineapple Carrot Raisin Slaw
Entrée 2	Egg Salad Sandwich on White	Crab Salad on Croissant	*Cobb Salad Bacon Egg Avocado Tomato Blue Cheese	Beef & Lamb Gyro on Pita with Tzatziki Sauce & Greek Salad	Chicken Mango Salad on Boston Bibb Lettuce	French Toast with Breakfast Sausage	Smoked Turkey & Cheddar Sandwich with Lettuce, Tomato & Cucumber
Side	Mixed Green Salad	Potato Chips	Dinner Roll		Dinner Roll	Mixed Fresh Fruit	Pineapple Carrot Raisin Slaw
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

## Dinner

Appetizer	*Spinach Dip with Pita	Fried Dumplings with Garlic Soy Sauce	Apple Potato Salad	Cauliflower Bites with Curry Aioli	Citrus Pasta Salad	Caesar Salad	*Corn and Black Bean Salad
Entrée 1	Orange Glazed Chicken	Penne Carbonara	Veal Saltimboca	Lemon Garlic Shrimp Pasta	English Bangers with Onion Gravy	Pork Tenderloin with Peach & Mango Chutney	Steak Pot Pie with Brown Gravy
Side	Rice Pilaf	Garlic Toast & House Salad	Baked Potato	Garlic Toast & Tossed Salad	Whipped Potato	Lyonnais Potato	Garlic Mashed Potato
Entrée 2	Pork & Black Bean Stew	Baked Haddock Filet with Curry Coconut Shrimp Sauce	BBQ Pork Back Ribs	Roasted Garlic & Rosemary Chicken Thigh	Curried Lamb Stew	Gnocchi with Peppers and Mushroom	Panko Crusted Perch Filet with Dill & Shaved Cucumber
Side	Rice Pilaf	Parisienne Potato	Baked Potato	Mini Roasted Red Potatoes	Whipped Potato	Lyonnais Potato	Garlic Mashed Potato
Vegetable	Sauteed Bok Choy	Sauteed Peppers	Beets	Sugar Snap Peas	Buttered Corn	Vegetable Medley	Roasted Zucchini
Vegetable	Cauliflower	*Broccoli	* Green Beans Almondine	Carrot Coins	Minted Green Peas		Baked Acorn Squash
Dessert	Assorted Desserts	Lemonburst Macaroon	Strawberry Jello Mousse	Coconut Custard Pie	Espresso Ice Cream	Carrot Cake	Five Fruit 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