



Lunch

Week 3	Monday Oct 2	Tuesday Oct 3	Wednesday Oct 4	Thursday Oct 5	Friday Oct 6	Saturday Oct 7	Sunday Oct 8
Soup	Beef Barley	Country Vegetable	White Navy Bean Soup	Mulligatawny	Creamy Chicken Noodle	Tortellini Soup	Butternut Squash & Apple
Entrée 1	BLT Sandwich	Shrimp Tempura on Cous Cous Salad	Hawaiian Pizza	Spinach and Feta Quiche	Fish n' Chips with Tartar Sauce & Lemon Wedge	Crispy Chicken Caesar Salad	Thanksgiving Brunch
side	Potato Chips	Ciabatta Bun	Tossed Salad	Tomato and Cucumber Salad	Creamy Coleslaw	Dinner Roll	
Entrée 2	*Poached Egg on Tomato Green Bean and Bocconcinni Salad	Pulled Pork on a Bun with Corn Slaw	*Vegetarian Chili with Corn Muffin & Sour Cream	Turkey, Gouda & Red Onion Grilled Sandwich	Executive Salad Plate	Tuna Melt on English Muffin	Thanksgiving Brunch
Side	Dinner Roll	French Fries	Tossed Salad	Tomato and Cucumber Salad	Ciabatta Bun	Garden Salad	
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	

DINNER

Appetizer	Assorted Appetizer	* Chickpea Salad	Mini Taco Bites	* Spanokopita with Tzatziki Sauce	House Salad	Onion Rings with Chiotle Mayo	Mini Spring Rolls Plum Sauce
Entrée 1	Lebanese Roasted Chicken Legs with Lemon Herb Sauce	Shepherd's Pie	Spinach and Cheese Cannelloni	Mediterranean Stewed Cod Loin	Spaghetti Bolognese	Butter Chicken with Naan Bread and Cilantro	Tuscan Vegetable Lasagna
Side	Rice Pilaf	Mashed Potato	Chef's Salad & Garlic Bread	Greek Lemon Potato	Garlic Toast & Garden Salad	Basmati Rice	Garlic Toast
Entrée 2	Grilled Hoisin Pork Chop	Pan Fried Sole Filet with Tarragon Brown Butter	Beef Stroganoff	Chicken Souvlaki with Tzatziki Sauce	Roasted Pork Loin with Hunter Sauce	Pan Fried Liver with Sautéed Onion & Bacon	Pork Goulash
Side	Rice Pilaf	Mashed Potato	Egg Noodles	Greek Lemon Potato	Basmati Rice	Basmati Rice	Roasted Mini Potato
Vegetable	Diced Carrots	Braised Red Cabbage	Seasoned Green Beans	Sautéed Mixed Peppers	Vegetable Medley	Buttered Corn	Baked Squash
Vegetable	Sugar Snap Peas	*Broccoli	Roasted Carrots	Zucchini		* Stuffed Tomato	Seasoned Green Beans
Dessert	Mango Ice Cream	Trio Plate	Tapioca Pudding	Baklava	Tangerine Mousse	Buttertart Bar	Apple Pie

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Apple

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