



## Lunch

Week 4	Monday Oct 9	Tuesday Oct 10	Wednesday Oct 11	Thursday Oct 12	Friday Oct 13	Saturday Oct 14	Sunday Oct 15
Soup	Chicken Wild Rice	Sweet Potato	New England Clam Chowder	* Tomato Basil Soup	Egg drop Soup	Cream of Vegetable	Scotch Broth
Entrée 1	Chicken Salad on Croissant	Fried Egg, Ham & Cheese on White Bread	Tuna Nicoise Salad	Peach and Proscuitto on Flatbread	*Turkey, Quinoa & Black Bean Bowl with Lime Cilantro Yogurt	Scrambled Egg with Bacon and Toast	Pastrami on Rye Bread
side	Tossed Salad	Apple Pecan Salad	Dinner Rolls	Caesar Salad	Dinner Roll	Fresh Fruit	Mixed Green Salad
Entrée 2	Tortellini Alfredo with Italian Sausage	Fresh Fruit Plate with Cotage Cheese	Cheeseburger with Lettuce, Tomato, Onions & Pickles	Meatball Sub with Marinara sauce & Mozzarella Cheese	Grilled Ham, Brie & Apple on Sourdough Bread	Blueberry Pancake with Breakfast Sausage	Spaghetti with Meatballs
Side	Garlic Toast & Tossed Salad	Banana Loaf	French Fries	Caesar Salad	Caesar Salad	Fresh Fruit	Garlic Toast & Mixed Green Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

## DINNER

Appetizer	Hummus with Toasted Pita	Bruschetta	Nachos with Salsa & Guacamole	Pretzel with Cheese Sauce	Strawberry, Apple and Goat Cheese Salad	Potato Salad	Egg Rolls with Plum Sauce
Entrée 1	Veal Chopped Steak with Smoked Tomato Ragout	Beef Stir fry	Italian Pasta Putanesca	Herb Roasted Leg of Lamb	Apple Brie Cranberry Stuffed Chicken	Baked Tilapia with Tomato, Capers and Olive Tapenade	Turkey Pot Pie
Side	Parissiene Boiled Potato	Rice Pilaf	Garlic Toast	Parslied Boiled Potatoes	Roast Garlic Mashed Potatoes	Roasted Potatoes	Mashed Potatoes
Entrée 2	Pork Cutlet with Lemon Butter Sauce	Filet of Trout with Pineapple Salsa	Chicken Marbella with Prunes, Apricots & Raisins	Almond Crusted Sole Fish with Capers Brown Butter Sauce	Pork Loin with Apple and Onion Sauce	Roast Beef au Jus	BBQ Pork Shank
Side	Parissiene Boiled Potato	Rice Pilaf	Mashed Potatoes	Parslied Boiled Potatoes	Roast Garlic Mashed Potatoes	Roasted Potatoes	Mashed Potatoes
Vegetable	Buttered Corn	Stir fry Vegetables	Seasoned Green Beans	Cauliflower	*Broccoli	Zucchini	*Cauliflower
Vegetable	Seasoned Green Peas		Roasted Beets	Roasted Mixed Peppers	Baby Carrots	Baked Squash	Sugar Snap Peas
Dessert	Nanaimo Bars	Pumpkin Pie	Assorted Desserts	*Peach Melba	Apple Crumble	Coffee Panna Cotta	Homemade Bread Pudding

\* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Apples

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