



## Lunch

Week 4	Monday Jan 1	Tuesday Jan 2	Wednesday Jan 3	Thursday Jan 4	Friday Jan 5	Saturday Jan 6	Sunday Jan 7
Soup	Tomato Florentine	Beef Vegetable	Crab and Corn Egg Drop Soup	Potato and Cheddar	Sausage, Kale and Lentil	Chicken Tortilla Soup	Scotch Broth
Entrée 1	Breakfast Brunch	Meatball Sub with Marinara & Mozzarella Cheese	Tuna Nicoise Salad	Peach and Salami on Flatbread	*Turkey, Quinoa & Black Bean Bowl with Lime Cilantro Yogurt	Scrambled Egg with Bacon and Toast	Pastrami on Rye Bread with Pickles, Swiss Cheese & Thousand Island
side		Tossed Salad	Dinner Rolls	Caesar Salad	Dinner Roll	Fresh Fruit	Mixed Green Salad
Entrée 2	Breakfast Brunch	Grilled Chicken Cobb Salad	Cheeseburger with Lettuce, Tomato, Onions & Pickles	Chicken Salad on Croissant	Grilled Ham, Brie & Apple on Sourdough Bread	Blueberry Pancake with Breakfast Sausage	Linguine Pasta with Clams
Side		Garlic Toast	French Fries	Potato Chips	Caesar Salad	Fresh Fruit	Garlic Toast & Mixed Green Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
<b>DINNER</b>							
Appetizer	Caprese Salad	Assorted Appetizer	Nachos with Salsa & Guacamole	Pretzel with Cheese Sauce	Seven Bean Salad	Potato Salad	Egg Rolls with Plum Sauce
Entrée 1	Breaded Veal with Marsala Sauce	Beef Pot Roast with Brown Gravy	Italian Pasta Putanesca	Roasted Pork Loin with Hunter Sauce	Tex Mex Chicken Breast	Baked Tilapia with Tomato, Caper and Olive Tapenade	Turkey Pot Pie
Side	Parissiene Boiled Potato	Mashed Potato	Garlic Toast	Parslied Boiled Potatoes	Lentil Casserole	Roasted Potatoes	Mashed Potatoes
Entrée 2	Catch of the Day with Dill Butter Sauce	Shrimp and Vegetable Stirfry	Braised Chicken Thigh	Almond Crusted Sole Fish with Caper Brown Butter Sauce	Braised Lamb and Haricot Beans	Salisbury Steak with Mushroom Gravy	BBQ Pork Back Ribs
Side	Parissiene Boiled Potato	Steamed Rice	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	Orange Citrus Cake	Rice Pudding

\* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Beans and Lentil

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