



## Lunch

Week 6	Monday Jan 15	Tuesday Jan 16	Wednesday Jan 17	Thursday Jan 18	Friday Jan 19	Saturday Jan 20	Sunday Jan 21
Soup	Tomato Red Pepper Cream Soup	Italian Wedding Soup	Cream of Asparagus	Tortellini Soup	Chicken Long Rice	Cream of Celery	Red lentil and Ham
Entrée 1	Grilled Cubano Sandwich with Roast Pork Slices, Ham, Swiss Cheese, Pickles & Dijonnaise	Asian Shrimp Lettuce Wrap with Rice Noodles & Peanut Sauce	Fried Egg, Ham and Cheddar Cheese on Croissant	Prosciutto and Caprese Salad	Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce	*Scrambled Egg with Bacon and Toast	Vegetarian Quesadilla with Salsa and Sour Cream
side	Potato Chips	Dinner Roll	Fresh Mixed Melons	Focaccia Bread	Creamy Coleslaw	Fresh Seasonal Fruits	Summer Salad
Entrée 2	*Salmon Salad Sandwich	Chicken Melt on English Muffins	Grilled Flank Steak on Garden Salad	Open Faced Hot Turkey Sandwich with Gravy	Four Cheese Ravioli with Rose Sauce	Belgian Waffles & Sausage Link	Canadian Club Sandwich
Side	Potato Chips	Tossed Salad	Ciabatta Bun	Green peas and French Fries	Garlic Bread & Tossed Salad	Fresh Seasonal Fruits	Summer Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

## DINNER

Appetizer	Brie Pear and Honey Crostini	Vegetable Dimsum with Soy Sauce	Coconut Shrimp with Cocktail Sauce	Apple Pecan Spinach Salad	* Beet & Onion Salad	Tomato Olive Puff Pastry	Veggie Sticks and Dip
Entrée 1	* Curry Chicken & Chickpea Stew on Rice	Roast Pork Loin with Roasted Garlic Balsamic Glaze	Santa Fe Chicken Thigh with Cheese, Black Beans, Peppers & Corn	Baked Haddock with Caper Tomato Basil	Glazed Ham with Brown Sugar Orange and 5 Spice	Shrimp and Mushroom Risotto	Pesto Crusted Basa Filet Topped with Bruschetta Tomatoes
Side	Garlic Toast	Parisienne Boiled Potato	Chived Mashed Potato	Rice Pilaf	Baked Potato & Sour Cream	Dinner Roll	Mashed Potatoes
Entrée 2	Teriyaki Beef & Broccoli	Sole Filet with White Wine Dill Sauce	English Banger with Onion Gravy	Lamb Tika Masala with Cucumber Raita	Pan Fried Beef Liver with Sautéed Onion & Bacon	Roasted Chicken with Rotisserie Sauce	Beef Bourguignon
Side	Basmati Rice	Parisienne Boiled Potato	Chived Mashed Potato	Rice Pilaf	Baked Potato & Sour Cream	Mini Roasted Potato	Mashed Potatoes
Vegetable	Stir Fry Vegetables	Yellow Waxed Beans	* Seasoned Broccoli	Roasted Carrots	Buttered Corn	Asparagus	Seasoned Green Beans
Vegetable		Minted Peas	Sautéed Red Peppers	Sautéed Bok Choy	Zucchini	*Cauliflower	Baked Squash
Dessert	Coconut Cream Pie	Blueberry Cake	Chocolate Fudge Cake	Green Tea Ice Cream	Date Squares	Butter Pecan Tart	Boston Cream Pie

\* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Beans and Lentils

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