

Weekly Menu Week 1



Lunch

Week 1	Monday Jan 22	Tuesday Jan 23	Wednesday Jan 24	Thursday Jan 25	Friday Jan 26	Saturday Jan 27	Sunday Jan 28
Soup	Cream of Cauliflower	Corn Chowder	Beef Vegetable	Classic Cock-a-Leekie	Split Pea and Ham	Turkey & Rice	Cream of Mushroom
Entrée 1	Turkey Kale Orzo Salad	Fresh Fruit Plate with Cottage Cheese	Honey Garlic Chicken Wings	Quiche Lorraine with Cheddar Cheese, Scallions & Bacon	Fish n' Chips with Lemon Wedge & Tartar Sauce	Western Cheese Omelette with Bacon & Toast	Chef Salad Ham Turkey Tomato Egg Cheese
side	Ciabatta Bun	Banana Loaf Bread	Onion Rings & Veggie Sticks	Greek Salad	Creamy Coleslaw	Fresh Seasonal Fruit	Dinner Roll
Entrée 2	Philly Cheese Steak with Onions & Peppers	Poached Eggs with Corned Beef Hash and Toast	Pepperoni Pizza	Crab Mac & Cheese	Roast Beef Sandwich with Horseradish Aioli	Blueberry Pancake with Breakfast Sausage	Mushroom Ravioli with Marinara Sauce
Side	French Fries	Tomato and Cucumber Salad	House Salad	Dinner Roll & Greek Salad	Spinach Salad	Fresh Seasonal Fruit	Galic Toast & Tossed Salad
Dessert	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection

DINNER

Appetizer	Egg Rolls with Plum Sauce	* Broccoli Salad	Cauliflower Bites with Curry Aioli	Sausage Rolls	Spinach Dip and Pita	Mozzarella Stick with Marina Sauce	Caesar Salad
Entrée 1	Sweet and Sour Pork	Tuscan Vegetable Lasagna	Grilled Pork Chop with Rosemary Butter Sauce	Slow Cooked Scottish Beef Stew	Pan Fried Chicken Breast with Sautéed Tomato	Shrimp and Anchovies Lemon Garlic Pasta	Braised Short Ribs au Jus
Side	Steamed Rice	Garlic Toast	Roasted Mini Potato	Sautéed Fingerling Potato	Mini Roasted Red Potatoes	Garlic Toast	Chive Mashed Potatoes
Entrée 2	Chicken Thigh Pork Adobo	Beef Meatloaf with Brown Gravy	Pan Seared Tilapia Filet with Sundried Tomato Olive Sauce	Scottish Lamb Meat Pie	Tuscan Pork Loin with Gravy & Toasted Garlic Crumble	Herb Roasted Leg of Lamb	*Ginger Glazed Salmon Filet with Roasted Pineapple Salsa
Side	Steamed Rice	Mashed Potato	Roasted Mini Potato	Sautéed Fingerling Potato	Mini Roasted Red Potatoes	Mediterranean Rice	Chive Mashed Potatoes
Vegetable	Vegetable Medley	*Beets	French Green Beans	Sautéed Green Cabbage	Sugar Snap Peas	Zucchini	Carrot Vichy
Vegetable		Green Peas	Baby Carrots	Roasted Turnips	Cauliflower	Buttered Corn	French Green Beans
Dessert	Tapioca Pudding	Fruit Cobbler	Lemon Meringue Pie	Tipsy Laird (Scottish Raspberry Trifle)	Watermelon Sherbet	Banana Cream Pie	Trio Plate

* 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