

## Lunch



Monday Jan 8	Tuesday Jan 9	Wednesday Jan 10	Thursday Jan 11	Friday Jan 12	Saturday Jan 13	Sunday Jan 14
Pork Wonton Soup	Corn Chowder	Turkey and Rice	Potato and Leek	Asian Beef Noodle Soup	Cream of Broccoli	Minestrone
Baked Beans and Wieners with Cheddar Cheese	Turkey Burger with Cranberry Mayo	Mortadella Panini Sandwich on Ciabatta Bun with Swiss Cheese, Peppers, Onions & Pesto	Sweet Bell Pepper and Ricotta Cheese Frittata	Fish n' Chips with Tartar Sauce & Lemon Wedge	Cheese Omelette with Bacon and Toast	Grilled Roast Beef with Cranberry & Brie Sandwich
Spinach and Mandarin Salad	Sweet Potato Fries	Garden Salad	Tomato Slices & Toast	Creamy Coleslaw	Fresh Seasonal Fruit	Carrot Pineapple Rasin Slaw
Peameal BLT Sandwich	Smoked Salmon on Croissant with Cream Cheese, Capers & Red Onions	Chili con Carne with Cheddar Cheese & Sour Cream	Lemon Chicken Wrap	Julienne Salad Plate	Peanut Butter French Toast with Caramelized Banana & Breakfast Sausage	Pork Souvlaki on Greek Salad with Tzatziki Sauce
Spinach and Mandarin Salad	Sweet Potato Fries	Corn Muffin & Garden Salad	Caesar Salad	Ciabatta Bun	Fresh Seasonal Fruit	Pita Bread
Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
			DINNER			
Broccoli and Cheddar Bites	Mixed Greens with Goat Cheese & Strawberry	BaKed Stuffed Mushrooms	Waldorf Salad	Bleu Cheese & Bacon Wedge Salad	Smoked Duck on Mixed Green Salad	Macaroni Pasta Salad
Baked Orange Roughy with Roasted Red Pepper Cream Sauce	Butternut Squash Ravioli with Rose Sauce	Jerk Chicken Legs	Traditional Beef Lasagna	Flank Steak with Romesco Sauce	Southern Fried Chicken	Blanquette de Veau (Creamy Veal Stew)
Rice Pilaf	Garlic Toast	Rice and Peas	Garlic Toast & Mixed Green Salad	Roasted Potato	Garlic Mashed Potato	Rice Pilaf
Teriyaki Glazed Grilled Chicken Breast	Pork Goulash	Seafood Newburg on Pastry Shell	Pork Medalion with Robert Sauce	Shrimp Brouchette with Chive Butter Sauce	Pork Chop Italiano with Tomato, Mushroom & Peppers	Poached Salmon with Dill Hollandaise Sauce
Rice Pilaf	O'Brien Potatoes		Potato Wedges	Roasted Potato	Garlic Mashed Potato	Rice Pilaf
Sauteed Bokchoy	Minted Green Peas	Sugar Snap Peas	Roasted Carrots	Mashed Turnips	Roasted Zucchini	Baked Squash
Roasted Turnips	Carrot Coins	Steamed Broccoli	Corn on the Cobb	Brussels Sprouts	Roasted Mixed Pepperes	Sauteed Spinach
English Trifle	Assorted Pies	Orange and Cream Ice Cream	Homemade Brownies with Vanilla Ice Cream	Churro Fries with Strawberry Sauce	Lemonburst Macaroons	Raisin Tart
	Pork Wonton Soup Baked Beans and Wieners with Cheddar Cheese Spinach and Mandarin Salad Peameal BLT Sandwich Spinach and Mandarin Salad Assorted Desserts Baked Orange Roughy with Roasted Red Pepper Cream Sauce Rice Pilaf Teriyaki Glazed Grilled Chicken Breast Rice Pilaf Sauteed Bokchoy Roasted Turnips	Pork Wonton SoupCorn ChowderBaked Beans and Wieners with Cheddar CheeseTurkey Burger with Cranberry MayoSpinach and Mandarin SaladSweet Potato FriesPeameal BLT SandwichSmoked Salmon on Croissant with Cream Cheese, Capers & Red OnionsSpinach and Mandarin SaladSweet Potato FriesAssorted DessertsAssorted DessertsBroccoli and Cheddar BitesMixed Greens with Goat Cheese & StrawberryBaked Orange Roughy with Roasted Red Pepper Cream SauceButternut Squash Ravioli with Rose SauceTeriyaki Glazed Grilled Chicken BreastPork GoulashRice PilafO'Brien PotatoesSauteed Bokchoy Roasted TurnipsMinted Green Peas	Pork Wonton SoupCorn ChowderTurkey and RiceBaked Beans and Wieners with Cheddar CheeseTurkey Burger with Cranberry MayoMortadella Panini Sandwich on Clabatta Bun with Swiss Cheese, Peppers, Onions & PestoSpinach and Mandarin SaladSweet Potato FriesGarden SaladPeameal BLT SandwichSmoked Salmon on Croissant with Cream Cheese, Capers & Red OnionsChili con Carne with Cheddar Cheese & Sour CreamSpinach and Mandarin SaladSweet Potato FriesCorn Muffin & Garden SaladSpinach and Mandarin SaladSweet Potato FriesCorn Muffin & Garden SaladAssorted DessertsAssorted DessertsAssorted DessertsBroccoli and Cheddar BitesMixed Greens with Goat Cheese & StrawberryBaKed Stuffed MushroomsBaked Orange Roughy with Roasted Red Pepper Cream SauceButternut Squash Ravioli with Rose SauceJerk Chicken LegsTeriyaki Glazed Grilled Chicken BreastO'Brien PotatoesSeafood Newburg on Pastry ShellRice PilafO'Brien PotatoesSugar Snap PeasSauteed BokchoyMinted Green PeasSugar Snap PeasRoasted TurnipsCarrot CoinsSteamed Broccoli	Pork Wonton SoupCorn ChowderTurkey and RicePotato and LeekBaked Beans and Wieners with Cheddar CheeseTurkey Burger with Cranberry MayoMortadella Panini Sandwich on Clabatta Bun with Swiss Cheese, Peppers, Onions & PestoSweet Bell Pepper and Ricotta Cheese FrittataSpinach and Mandarin SaladSweet Potato FriesGarden SaladTomato Slices & ToastPeameal BLT SandwichSmoked Salmon on Croissant with Cream Cheese, Capers & Red OnionsChili con Carne with Cheddar Cheese & Sour CreamLemon Chicken WrapSpinach and Mandarin SaladSweet Potato FriesCorn Muffin & Garden SaladCaesar SaladAssorted DessertsAssorted DessertsAssorted DessertsAssorted DessertsBroccoli and Cheddar BitesMixed Greens with Goat Cheese & StrawberryBaKed Stuffed MushroomsWaldorf SaladBaked Orange Roughy with Roasted Red Pepper Cream SauceButternut Squash Ravioli with Rose SauceJerk Chicken LegsTraditional Beef Lasagna Garlic ToastTeriyaki Glazed Grilled Chicken BreastO'Brien PotatoesSugar Snap PeasRoasted Carrots SauceRice PilafO'Brien PotatoesSugar Snap PeasRoasted Carrots Corn on the CobbRoasted BokchoyMinted Green PeasSteamed BroccoliCorn on the CobbFreighs TrifleAssorted DiesO'ange and Cream IceHomemade Brownies with	Pork Wonton SoupCorn ChowderTurkey and RicePotato and LeekAsian Beef Noodle SoupBaked Beans and Wieners with Cheddar CheeseTurkey Burger with Cranberry MayoMentadella Panini Sandwich on Clabatta Bun with Swiss Cheese, Peppers, Onione, & PeetoSweet Bell Pepper and Ricotta Cheese FrittataFish n' Chips with Tartar Sauce & Lemon WedgeSpinach and Mandarin SaladSweet Potato FriesGarden SaladTomato Slices & ToastCreamy ColeslawPeameal BLT SandwichSweet Potato FriesGarden SaladLemon Chicken WrapJulienne Salad PlateSpinach and Mandarin SaladSweet Potato FriesCorn Muffin & Garden SaladCaesar SaladClabatta BunAssorted DessertsAssorted DessertsAssorted DessertsAssorted DessertsAssorted DessertsAssorted DessertsAssorted DessertsAssorted DessertsBaked Stuffed MushroomsWaldorf SaladBleu Cheese & Bacon Wedge SaladBaked Orange Roughy with Roasted Red Pepper Cream SauceButernut Squash Ravioli with Rose SauceJerk Chicken LegsTraditional Beef Lasagna SaladFlank Steak with Romesco SauceTeriyaki Glazed Grilled Chicken BreastO'Brien PotatoesSeafood Newburg on Pastry ShellPork ModelgeSeafood Newburg on Pastry SaucePotato WedgeShrimp Brouchette with Chive Butter SauceTeriyaki Glazed Grilled Chicken BreastO'Brien PotatoesSugar Snap PeasRoasted CarrotsMashed TurnipsRice PilafO'Brien PotatoesSugar Snap PeasRoasted CarrotsMashed TurnipsRoasted Turn	Pork Wonton SoupCorn ChowderTurkey and RicePotato and LeekAsian Beef Noodle SoupCream of BroccoliBaked Beans and Wieners with Cheddar CheeseTurkey Burger with Cranberry MayoMortadella Panini Sandwich on Clabita Bun with Swiss Cheese, Papers, Onions & PotoSweet Bell Pepper and Ricotta Cheese FrittataFish n' Chips with Tartar Sauce & Lemon WedgeCheese Omelette with Bacon and ToastSpinach and Mandarin SaladSweet Potato FriesGarden SaladTomato Slices & ToastCreamy ColeslawFresh Seasonal FruitPeameal BLT Sandwich Red OnionsSmoked Salmon on Croissant with Cream Cheese, Capers & Red OnionsChill con Carne with Cheddar Cheese & Sour CreamLemon Chicken Wrap Lemon Chicken WrapJulienne Salad PlatePeanut Butter French Toast with Caramelized Banana & Breakfast SausageSpinach and Mandarin SaladSweet Potato FriesCorn Muffin & Garden SaladCaesar SaladCiabatta BunFresh Seasonal FruitAssorted DessertsAssorted DessertsAssorted DessertsAssorted DessertsAssorted DessertsAssorted DessertsAssorted DessertsBroccoli and Cheddar BitesMixed Greens with Goat Cheese & StrawberryJerk Chicken LegsTraditional Beel Lasagna SauceFlank Steak with Romesco SauceSouthern Fried Chicken Garlic ToastBaked Orange Roughy with Roasted Red Pepper Cream SauceButternut Squash Ravioli with Rose SauceJerk Chicken LegsTraditional Beel Lasagna SauceFlank Steak with Romesco SauceSouthern Fried Chicken Garlic ToastTeriyaki Glazed Grilled Chicken B

\* 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