



Lunch

Week 5	Monday Jan 8	Tuesday Jan 9	Wednesday Jan 10	Thursday Jan 11	Friday Jan 12	Saturday Jan 13	Sunday Jan 14
Soup	Pork Wonton Soup	Corn Chowder	Turkey and Rice	Potato and Leek	Asian Beef Noodle Soup	Cream of Broccoli	Minestrone
Entrée 1	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
side	Spinach and Mandarin Salad	Sweet Potato Fries	Garden Salad	Tomato Slices & Toast	Creamy Coleslaw	Fresh Seasonal Fruit	Carrot Pineapple Rasin Slaw
Entrée 2	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
Side	Spinach and Mandarin Salad	Sweet Potato Fries	Corn Muffin & Garden Salad	Caesar Salad	Ciabatta Bun	Fresh Seasonal Fruit	Pita Bread
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	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
Entrée 1	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)
Side	Rice Pilaf	Garlic Toast	Rice and Peas	Garlic Toast & Mixed Green Salad	Roasted Potato	Garlic Mashed Potato	Rice Pilaf
Entrée 2	Teriyaki Glazed Grilled Chicken Breast	Pork Goulash	Seafood Newburg on Pastry Shell	Pork Medallion with Robert Sauce	Shrimp Brouchette with Chive Butter Sauce	Pork Chop Italiano with Tomato, Mushroom & Peppers	Poached Salmon with Dill Hollandaise Sauce
Side	Rice Pilaf	O'Brien Potatoes		Potato Wedges	Roasted Potato	Garlic Mashed Potato	Rice Pilaf
Vegetable	Sauteed Bokchoy	Minted Green Peas	Sugar Snap Peas	Roasted Carrots	Mashed Turnips	Roasted Zucchini	Baked Squash
Vegetable	Roasted Turnips	Carrot Coins	Steamed Broccoli	Corn on the Cobb	Brussels Sprouts	Roasted Mixed Peppers	Sauteed Spinach
Dessert	English Trifle	Assorted Pies	Orange and Cream Ice Cream	Homemade Brownies with Vanilla Ice Cream	Churro Fries with Strawberry Sauce	Lemonburst Macarons	Raisin Tart

* 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