



Lunch

Week 3	Monday Feb 5	Tuesday Feb 6	Wednesday Feb 7	Thursday Feb 8	Friday Feb 9	Saturday Feb 10	Sunday Feb 11
Soup	Beef Barley	Country Vegetable	White Navy Bean Soup	Potato, Cheddar & Bacon	Creamy Chicken Noodle	Pork Wonton Noodle Soup with Bok Choy	Mulligatawny
Entrée 1	Crispy Chicken Caesar Salad	Italian Sausage on Italian Pasta Salad	BLT Sandwich on Whole Wheat	Spinach and Feta Quiche	Fish n' Chips with Tartar Sauce & Lemon Wedge	Eggs Benedict with Hollandaise Sauce	Hawaiian Pizza
side	Dinner Roll	Ciabatta Bun	Spinach & Mandarin Salad	Tomato and Cucumber Salad	Creamy Coleslaw	Fresh Fruit	Tossed Salad
Entrée 2	Sundried Tomato Pesto & Goat Cheese on Flatbread	Pulled Pork on a Bun with Corn Slaw	Tuna Melt on English Muffin	Turkey, Gouda & Red Onion Grilled Sandwich	Executive Salad Plate	Strawberry Pancake with Breakfast Sausage	*Vegetarian Chili with Corn Muffin & Sour Cream
Side	Mixed Green Salad	French Fries	Spinach and Mandarin Salad	Tomato and Cucumber Salad	Ciabatta Bun	Fresh Fruit	Tossed Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Watermelon and Feta Cheese with Balsamic Glazed	* Chickpea Salad	Macaroni Pineapple Salad	* Spanokopita with Tzatziki Sauce	Spinach and Mandarin	Crab Rangoon	Vegetable Dimsum with Soy Sauce
Entrée 1	Lebanese Roasted Chicken Legs with Lemon Herb Garlic Yogurt Sauce	Shepherd's Pie	Spinach and Cheese Cannelloni	Mediterranean Stewed Cod Loin	Spaghetti Bolognese	Braised Rainbow Trout with Chili Bean Paste	Turkey a la King on Pastry Shell
Side	Rice Pilaf	Mashed Potato	Chef's Salad & Garlic Bread	Greek Lemon Potato	Garlic Toast & Garden Salad	Yeung Chow Fried Rice	
Entrée 2	Grilled Hoisin Pork Chop	Pan Fried Sole Filet with Tarragon Brown Butter	Beef Stroganoff	Chicken Souvlaki with Tzatziki Sauce	Roasted Pork Loin with Hunter Sauce	Stir Fry Beef & Mushroom with Oyster Sauce	Pork Goulash
Side	Rice Pilaf	Mashed Potato	Egg Noodles	Greek Lemon Potato	Basmati Rice	Yeung Chow Fried Rice	Roasted Mini Potato
Vegetable	Diced Carrots	Braised Red Cabbage	Seasoned Green Beans	Sauteed Mixed Peppers	Vegetable Medley	Steamed Gai Lan (Chinese Broccoli)	Baked Squash
Vegetable	Sugar Snap Peas	*Broccoli	Roasted Carrots	Zucchini		Carrot Coins	Seasoned Green Beans
Dessert	Tangerine Mousse	Nanaimo Bars	Date Squares	Homemade Bread Pudding		Tapioca Mango Pudding	

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Beets

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