



Lunch



Week 5	Monday Feb 19	Tuesday Feb 20	Wednesday Feb 21	Thursday Feb 22	Friday Feb 23	Saturday Feb 24	Sunday Feb 25
Soup	French Canadian Pea	Corn Chowder	Turkey and Rice	Asian Beef Noodle Soup	Pasta Fagioli	Cream of Broccoli	Veggie Florentine
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 Strawberry Compote & 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	Mixed Greens with Strawberry and Goat Cheese	Beet and Onion Salad	Fried Spring Rolls with Plum Sauce	Waldorf Salad	Roasted Tomato Burrata Bruschetta	Mushroom Crostini	Chickpea Salad
Entrée 1	Baked Orange Roughy with Roasted Red Pepper & Corn Salsa	Spinach & Cheese Ravioli with Sun-dried Tomato Pesto Cream Sauce	Jerk Chicken Legs	Traditional Beef Lasagna	Frutti de Mare (Fruits of the Sea) Linguine Pasta with White wine Tomato Sauce	Southern Fried Chicken	Beef Burgundy with Bacon & Mushroom
Side	Baked Potato with Sour Cream	Garlic Toast	Rice and Peas	Garlic Toast & Mixed Green Salad	Garlic Stick and Caprese Salad	Garlic Mashed Potato	Rice Pilaf
Entrée 2	Flank Steak with Romesco Sauce	Pork Tenderloin with Chimichurri	Baked Haddock with Tomato Caper Basil	Pork Chop Italiano with Tomato Mushroom & Peppers	Classic Braised Osso Bucco with Gremolata	Cabbage Rolls	Rainbow Trout with Dill Hollandaise Sauce
Side	Baked Potato with Sour Cream	O'Brien Potatoes	Roasted Mini Potato	Boiled Parisienne Potato	Mashed Potato	Garlic Mashed Potato	Rice Pilaf
Vegetable	Seasoned Green Beans	Minted Green Peas	Yellow Waxed Beans	Roasted Carrots	Rapini	Sugar Snap Peas	Baked Squash
Vegetable	Roasted Turnips	Roasted Beets	Steamed Broccoli	Roasted Mixed Peppers	Yellow Zucchini	Corn on the Cobb	Sauteed Spinach
Dessert	Boston Cream Pie	English Trifle	Lemonburst Macaroons	Black Cherry Ice Cream	Tiramisu	Tiger Brownies	Baked Apple with Butter Pecan

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health

ITALIAN THEMED
DINNER

Living Loving Local - Beets

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