



Lunch

Week 6	Monday Feb 26	Tuesday Feb 27	Wednesday Feb 28	Thursday Feb 29	Friday March 1	Saturday Mar 2	Sunday March 3
Soup	Potato and Bacon	Italian Wedding Soup	Cream of Vegetable	Lemon Orzo Chicken	Butternut Squash Soup with Maple Chantilly Cream	Beef Barley	Red lentil and Ham
Entrée 1	Grilled Cubano Sandwich with Roast Pork Slices, Ham, Swiss Cheese, Pickles & Dijonnaise	Asian Shrimp Lettuce Wrap with Rice Noodles & Peanut Sauce	Fried Egg, Ham and Cheddar Cheese on Croissant	Prosciutto and Caprese Salad	Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce	Eggs Benedict with Breakfast Potatoes	Vegetarian Qeusadilla with Salsa and Sour Cream
side	Potato Chips	Dinner Roll	Fresh Mixed Melons	Foccacia Bread	Creamy Coleslaw	Fresh Seasonal Fruits	Summer Salad
Entrée 2	Farfalle Pasta with Mushroom Spinach Rose Sauce	Chicken Melt on English Muffins	Corned Beef Grilled Sandwich on Rye Bread with Pickles Swiss Cheese & Thousand Island Dressing	Open Faced Hot Turkey Sandwich with Gravy	Four Cheese Ravioli with Pesto Cream Sauce	Belgian Waffles & Sausage Link	Canadian Club Sandwich
Side	Garlic Toast	Tossed Salad	Ciabatta Bun	Green peas and French Fries	Garlic Bread & Tossed Salad	Fresh Seasonal Fruits	Summer Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Assorted Puff Pastry	Hummus with Toasted Pita Bread	Veggie Sticks and Dip	Apple Pecan Spinach Salad	Spring Mixed Salad with Berries, Walnut & Maple Viniagrette	Honey Brie Pear Crostini	Assorted Appetizer
Entrée 1	* Curry Chicken & Chickpea Stew	Pork Cutlet with Lemon Butter Sauce	Santa Fe Chicken Thigh with Cheese, Black Beans, Peppers & Corn	Pan Seared Liver with Bacon, Onions & Brown Gravy	Maple Orange Roasted Chicken Legs	Shrimp and Mushroom Risotto	Pesto Crusted Basa Filet Topped with Bruschetta Tomatoes
Side	Basmati Rice	Parisienne Boiled Potato	Chived Mashed Potato	Roasted Mini Potatoes	Baked Potato & Sour Cream	Dinner Roll	Mashed Potatoes
Entrée 2	Teriyaki Beef & Broccoli	Pan Seared Tilapia with Tomato Caper Sauce	English Banger with Onion Gravy	Cabbage Rolls	Maple Soya Glazed Salmon	Pork Goulash	Veal Marsala
Side	Basmati Rice	Parisienne Boiled Potato	Chived Mashed Potato	Roasted Mini Potatoes	Baked Potato & Sour Cream	Mini Roasted Potato	Mashed Potatoes
Vegetable	Stir Fry Vegetables	Yellow Waxed Beans	* Seasoned Broccoli	Roasted Carrots	Buttered Corn	Asparagus	Seasoned Green Beans
Vegetable		Minted Peas	Sauteed Red Peppers	Sauteed Bok Choy	Zucchini	*Cauliflower	Baked Squash
Dessert	Assorted Squares	Crème Brulee	Homemade Brownies	Orange and Cream ice Cream	Maple Apple Crisp with Vanilla Ice Cream	Butter Pecan Tart	Coconut Cream Pie

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health

Living Loving Local

Living Loving Local - Maple

Dinner



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