



Lunch

Week 5	Monday April 1	Tuesday April 2	Wednesday April 3	Thursday April 4	Friday April 5	Saturday April 6	Sunday April 7
Soup	Asian Beef Noodle Soup	Corn Chowder	Turkey and Rice	Potato and Leek	Egg Drop 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	Crab Salad on Croissant	Chili con Carne with Cheddar Cheese & Sour Cream	Lemon Chicken Wrap	Julienne Salad Plate	Peanut Butter French Toast with Caramelized Banana & Breakfast Sausage	Chicken 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	Bruschetta	Waldorf Salad	Classic Deviled Egg	Spring Rolls with Plum Sauce	Macaroni Pasta Salad
Entrée 1	Baked Orange Roughy with Roasted Red Pepper Cream Sauce	Butternut Squash Ravioli with Rose Sauce	*Coq au Vin Chicken Leg with Tomato Mushroom Onion Sauce	Eggplant Parmesan	Pork Holstein Schnitzel with Brown Butter Anchovy Caper Sauce	Southern Fried Chicken	Herb Roasted Veal Shoulder
Side	Baked Potato with Sour Cream	Garlic Toast	Chived Mashed Potato	Garlic Toast & Mixed Green Salad	Mediterranean Rice	Garlic Mashed Potato	Roasted Mini Potato
Entrée 2	Stuffed Peppers in Tomato Sauce	Pork Goulash	Tilapia with Cocout Curry Veloute	Roast Pork Tenderloin with Robert Sauce	Shrimp Brouchette with Dill Hollandaise Sauce	Flank Steak with Romesco Sauce	Poached Salmon with Dill Hollandaise Sauce
Side	Baked Potato with Sour Cream	Rice Pilaf	Chived Mashed Potato	Scalloped Potato	Mediterranean Rice	Garlic Mashed Potato	Roasted Mini Potato
Vegetable	Sugar Snap Peas	Minted Green 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	Strawberries and Cream	Homemade Bread Pudding with Vanilla Custard Sauce	Orange and Cream Ice Cream	English Trifle	Crème Brulee	Key Lime Pie	Raisin Tart

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Egg

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