



Lunch

Week 2	Monday Mar 11	Tuesday Mar 12	Wednesday Mar 13	Thursday Mar 14	Friday Mar 15	Saturday Mar 16	Sunday Mar 17
Soup	Chicken Noodle Soup	Broccoli and Cheddar	White Navy Bean	Cream of Tomato	Borscht	Creamy Swiss Onion Soup	Roasted Parsnip Soup
Entrée 1	Perogies with Sauteed Onion, Bacon, & Cheddar Cheese	Crispy Chicken Burger with Lettuce, Tomato & Dijonnaise	Rueben Sandwich	Bacon Tomato & Cheese Grilled Sandwich	Fish Taco with Rainbow Slaw, Salsa & Sour Cream	Scrambled Egg with Bacon and Toast	All Dressed Nathan's Hot Dog
side	Sour Cream & Mixed Green Salad	Onion Rings	Potato Chips	Greek Salad	Sweet Potato Fries	Fresh Fruits	French Fries
Entrée 2	Egg Salad Sandwich on White	Coconut Shrimp on Quinoa & Couscous Salad	Crab Salad Salad on Croissant	Beef & Lamb Gyro on Pita with Tzatziki Sauce & Greek Salad	Grilled Chcken Cobb Salad	French Toast with Breakfast Sausage	Smoked Turkey & Cheese Sandwich with Lettuce, Tomato & Cucumber
Side	Mixed Green Salad	Garlic Toast	Potato Chips		Dinner Roll	Fresh Fruits	Garden Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
Appetizer	Kale Salad with Pecan & Cranberries	Fried Dumplings with Garlic Soy Sauce	Apple Potato Salad	Shrimp Cocktail	*Corn and Black Bean Salad	Caesar Salad	Loaded Potato Skin with Bacon, Cheddar & Sour Cream
Entrée 1	Orange Glazed Chicken	Penne Carbonara	Turkey Pot pie	Veal Parmesan	Filet of Salmon with Parmesan Garlic Crust	Gnocchi with Peppers and Mushroom	Slow-cooker Corned Beef with Braised Green Cabbage
Side	Rice Pilaf	Garlic Toast & House Salad	Baked Potato with Sour Cream	Creamy Pesto Pasta	Whipped Potato	Garlic Toast	Smashed Potato
Entrée 2	Pork & Black Bean Stew	Baked Haddock Filet with Curry Coconut Shrimp Sauce	Bratwurst Sausage with Braised Saeurkraut	Roasted Garlic & Rosemary Chicken Thigh	Beef Cottage Pie	Pork Tenderloin with Peach and Mango Chutney	Stout Braised Lamb Shank
Side	Rice Pilaf	Parisienne Potato	Baked Potato with Sour Cream	Mini Roasted Red Potatoes	Whipped Potato	Lyonnaise Potato	Calcannon Potato
Vegetable	Yellow Zucchini	Vegetable Medley	Beets	Asparagus	Sauteed Peppers	Buttered Corn	Baby Carrots
Vegetable	Sauteed Spinach		Broccoli	Roasted Carrots	Brussels Sprouts	Minted Peas	Sauteed Green Beans
Dessert	Tapioca Pudding	Boston Cream Pie	Date Square	Vanilla Swirl Cake	Orange Citrus Cake	Espresso Ice Cream	Green Velvet Cheesecake

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Maple



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