



Lunch

Week 3	Monday March 18	Tuesday March 19	Wednesday March 20	Thursday March 21 - SPAIN	Friday March 22 - Morocco	Saturday March 23 -Italy	Sunday March 24 - Turkiye
Soup	Beef Barley	Country Vegetable	Mulligatawny	Tomato Bean & Mild Chorizo Soup	Moroccan Lentil Soup	Italian Wedding Soup	Butternut Squash & Apple
Entrée 1	BLT Sandwich	Creamy Farfale Pasta with Ham & Peas	Tuna Melt on English Muffins	Spanish Omelette Crostini	Curry Chicken Wrap	Margarita Pizza	Scrambled Egg with Bacon & Toast
side	French Fries	Garlic Toast	Tossed Salad	Spanish Tomato & Olive Salad	Chef's Salad	Caesar Salad	Fresh Seasoned Fruits
Entrée 2	Sundried Tomato Pesto & Goat Cheese on Flatbread	Pulled Pork on a Bun with Corn Slaw	*Vegetarian Chili with Corn Muffin & Sour Cream	Prosciutto & Salami Sandwich Arugula & Aioli on Onion Bun	Moroccan Cobb Salad (Feta, Tomatoes, Avocado, Cucumber, Falafel, & Grilled Pita)	Lemon & Herb Grilled Chicken Breast Caesar Salad	Belgian Waffle with Breakfast Sausage
Side	Mixed Green Salad	Onion Rings	Tossed Salad	Spanish Tomato & olive Salad	Ciabatta Bun	Ciabatta Bun	Fresh Seasoned Fruits
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Watermelon and Feta Cheese with Balsamic Glazed	Spring Mix with Roasted Beet & Onion Salad	Egg Rolls with Plum Sauce	Steamed Mussels with Herb Garlic Butter	Marinated Chickpea Salad	Caprese Salad with Marinated Artichokes	Grilled Flatbread with Lemon Hummus
Entrée 1	Lebanese Roasted Chicken Legs with Lemon Herb Garlic Yogurt Sauce	Lamb Tikka Masala	Spinach and Cheese Cannelloni	Pan Seared Chicken Thigh with Red Pepper Tomato Sauce	Moroccan Lamb Stew Raisins, Apricots, Fresh Herbs	Linguine Pasta alle Vongole	Beef Kofta with Yogurt Dip
Side	Rice Pilaf	Mashed Potato	Chef's Salad & Garlic Bread	Spanish rice	Steamed rice	Garlic Toast & Broccolini	Patato Latkes
Entrée 2	Grilled Hoisin Pork Chop	Pan Fried Sole Filet with Tarragon Brown Butter	Beef Stroganoff	Broiled Cod Loin with Lemon Caper Sauce	Roasted Turkey Breast with Coriander Chutney	Veal Picatta with Lemon Butter Sauce	Zaatar & Lemon Baked Salmon Filet
Side	Rice Pilaf	Mashed Potato	Egg Noodles	Spanish rice	Steamed Rice	Oregano Potatoes	Potato Latkes
Vegetable	Diced Carrots	Braised Red Cabbage	Seasoned Green Beans	Roasted Red Pepper	Green Peas	Broiled Tomatoes	Green Beans
Vegetable	Sugar Snap Peas	*Broccoli	Roasted Carrots	Broccoli	Roasted Eggplant	Broccolini	Roasted Beets
Dessert	Tangerine Mousse	Rice Pudding with Raisins	Mixed Berry Crumble	Churros with Chocolate Dipping Sauce	Citrus Cake with Mint & Raspberry Coulis	Tiramisu with Fresh Berries	Baklava

* 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