



Lunch

| Week 2 | Monday April 22 | Tuesday April 23 | Wednesday April 24 | Thursday April 25 | Friday April 26 | Saturday April 27 | Sunday April 28 |
|---------------|---|---|--|--|---|--|--|
| Soup | Minestrone Soup | Cock a Leekie | Potato and Cheddar | Cream of Tomato | Vegetarian Borscht | Heartly Scotch Broth | Carrot and Ginger |
| Entrée 1 | B.L.T Sandwich | Steakhouse Burger with HP Sauce and Crispy Onions | * Cobb Salad Turkey Bacon Egg Avocado Tomato Blue Cheese | Margherita Pizza | Penne Carbonara | Western Cheese Omelette with Bacon and Toast | Boneless Chicken Wings with BBQ Dipping Sauce |
| side | Fresh Seasonal Fruit | Herb Potato Wedges | Dinner Roll | Caesar Salad | Garlic Toast & Tossed Salad | Fresh Fruit Cup | Veggie Sticks & Fries |
| Entrée 2 | *Sante Fe Chicken Salad Bowl - Black Bean Corn Avocado Tomato | Pasta Salad with Italian Sausage Tomato & Arugula | Wieners with Baked Beans with Cheddar Cheese | Crispy Calamari Caesar Salad with Lemon | Crab Salad on Croissant | Cinnamon French Toast with Breakfast Sausage | *Spinach Sundried Tomato and Goat Cheese On Flatbread |
| Side | Dinner Roll | Ciabatta Bun | Potato Salad | Toasted Pita | Arugula Salad | Fresh Fruit Cup | French fries |
| Dessert | Chef's Assorted Selection | Chef's Assorted Selection | Chef's Assorted Selection | Chef's Assorted Selection | Chef's Assorted Selection | Chef's Assorted Selection | Chef's Assorted Selection |
| Dinner | | | | | | | |
| Appetizer | Spring Rolls with Plum Sauce | * Spinach Dip with Pita | Smoked Salmon & Cream Cheese on Cucumber Rounds | Cauliflower Bites with Curry Aioli | Spinach & Mandarin Orange Salad | Sausage roll | Caesar Salad |
| Entrée 1 | Moroccan Inspired beef & Chickpea Ragu | Herb Roasted Leg of Lamb | Pan Seared Salisbury Steak with Mushroom Gravy | Grilled Pork Chop with Caramelized Onion and Apple Sauce | Herb Roasted Chicken Legs with Pearl Onions Sauce | Vegetable Lasagna | Pesto Crusted Chicken Breast with Tomato Basil Sauce |
| Side | Herb Roasted Potatoes | Mashed Potatoes | Wild Rice | Mini Roasted Red Potatoes | Baked Potato with Sour Cream | Garlic Toast | Chived Mashed Potato |
| Entrée 2 | Pan Seared Rainbow Trout Filet with Tomato & Olive Salsa | Pork Cottage Roll | Chicken Thigh Marbella with Apricots, Prunes and Raisins | Broiled Cod Loin with Creamy Dill Sauce | Beef Pot Roast with Mushroom Gravy | Pork Cutlet with Lemon Butter Sauce | New Orleans Style Cajun Basa Filet with Red Cabbage Slaw |
| Side | Herb Roasted Potatoes | Mashed Potatoes | Wild Rice | Mini Roasted Red Potatoes | Baked Potato with Sour Cream | Parisienne Boiled Potato | Chived Mashed Potato |
| Vegetable | Yellow Waxed Beans | Carrots | *Cauliflower | Green Peas | * Broccoli | Roasted Carrots | Beets |
| Vegetable | Sugar Snap Peas | Steamed Cabbage | * Green Beans Almondine | Baked Squash | Sauteed Peppers | Asparagus | Buttered Corn |
| Dessert | Assorted Tart | Orange and Cream Ice Cream | Coconut Custard Pie | Tapioca Pudding | Nanaimo Bars | Carrot Cake | Assorted Cake |

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Eggs

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