



Lunch

| Week 3 | Monday April 29 | Tuesday April 30 | Wednesday May 1 | Thursday May 2 | Friday May 3 | Saturday May 4 | Sunday May 5 |
|----------|--|--|---|---------------------------|---|---|--|
| Soup | Turkey and Rice | Country Vegetable | * French Lentil Soup | Roasted Red Pepper Bisque | Beef Vegetable | Mulligatawny Soup | Pinto Bean Soup (Sopa Tarasca) |
| Entrée 1 | *Turkey, Quinoa, & Black Bean Bowl with Lime Cilantro Yogurt | Creamy Macaroni and Cheese Garlic Bread | Crispy Chicken Sandwich with Chipotle Aioli on Potato Bun | Hawaiian Pizza | Fish n' Chips with Lemon Wedge & Tartar Sauce | Scrambled Egg with Bacon & Brown Toast | Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce |
| side | Ciabatta Bun | Kale Salad | Caesar Salad | Tomato and Cucumber Salad | Creamy Coleslaw | Fresh Seasonal Fruit | Sweet Potato Fries |
| Entrée 2 | All Dressed Nathan's Hot Dog | BBQ Pulled Pork Sandwich on a Soft Pretzel Bun | * Vegetarian Chili | Roast Beef on Whole Wheat | Iceberg Wedge Cobb Salad with focaccia toast | Belgian Waffle with Cinnamon Apple Compote & Turkey Sausage | Smoked Duck Breast on Spinach & Blueberry Salad |
| Side | House Salad | Kale Salad | Corn Muffin & Tossed Salad | Tomato and Cucumber Salad | - | Fresh Seasonal Fruit | Dinner Roll |
| 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

Cinco De Mayo

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|-----------|-------------------------|---------------------------|--------------------------------------|---|---|---------------------------------------|---|
| Appetizer | Vegetable Samosa | * Chickpea Salad | * Beet & Onion Salad | * Spanokopita with Tzatziki Sauce | Spring Greens with Walnut & Goat Cheese with Rhubarb Dressing | Onion Rings with Chiotle Mayo | Mexican Street Corn on the Cobb (Elote) |
| Entrée 1 | Chinese Beef & Broccoli | Lamb Shepherd Pie | Traditional Beef Lasagna | Wild Mushroom Ravioli with Rose sauce & Basil Pesto Drizzle | Braised Pork Shank with Rhubarb BBQ Sauce | Beef Stroganoff on Egg Noodles | Carne Asada with Pico De Gallo |
| Side | Steamed Rice | Mashed Potatoes | Chef's Salad & Garlic Bread | Garlic Bread | Baked Potato | - | Mexican Rice |
| Entrée 2 | Sweet & Sour Pork | Honey Lime Chicken Thighs | Pan Fried Sole Tarragon Brown Butter | Baked Haddock with Cherry Tomato Basil Salsa | Roasted Chicken Legs with Rhubarb Marmalade | *Poached Salmon with Lemon Dill Sauce | Chicken Fajitas with Tortilla |
| Side | Steamed Rice | Mashed Potatoes | Wild Rice | Greek Lemon Potato | Baked Potato | Chive Mashed Potatoes | Mexican Rice |
| Vegetable | Stir Fry Vegetables | Braised Red Cabbage | * Broccoli | Roasted Carrots | Corn on the Cobb | Brussels Sprouts | Roasted Vegetable Medley |
| Vegetable | | Asparagus | Sauteed Red Peppers | Green Peas | Zucchini | * Stuffed Tomato | |
| Dessert | Mixed Berry Cobbler | * Apple Brown Betty | Black Cherry Ice Cream | Rice Pudding | Strawberry Rhubarb Pie | Buttertart | Vanilla Tres Leches Cake |

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local -Rhubarb

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