



Lunch

Week 4	Monday May 6	Tuesday May 7	Wednesday May 8	Thursday May 9	Friday May 10	Saturday May 11	Sunday May 12
Soup	*Tomato Basil Soup	Chicken Long Rice	Crab and Corn Egg Drop Soup	Turkey Vegetable	* Cream of Cauliflower	Beef Noodle Soup	Roasted Apple & Squash
Entrée 1	Turkey & Brie Panini with Cranberry Sauce	Avocado Toast with a Crab Salad & Pea Shoots	Canadian Club Sandwich	* Tuna Salad Sandwich	*Turkey BLT Basil Romaine Bowl	Smoked Salmon Croissant with Chive Cream Cheese	Mother's Day Brunch
side	Cucumber Dill Salad	Mixed Green Salad	Spinach & Watercress Salad	Spring Salad	Dinner Roll	Potato Chips	
Entrée 2	Grilled Portabello Mushroom Swiss Burger	Fried Egg, Cheddar & Ham on Everything Bagel	Roasted Vegetable & Feta Quiche	BBQ Roast Beef Sandwich with Caramelized Onion & Cheddar on Bun	Perogies with Bacon, Fried Onions, and Sour Cream	Tempura Shrimp with Warm Mediterranean Farro Grain Bowl	Mother's Day Brunch
Side	French Fries	Mixed Green Salad	Spinach & Watercress Salad	French Fries	House Salad	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							
Appetizer	7 Bean Salad	Sweet & Sour Chicken Balls	Carrot Pineapple Raisin Salad	Deviled Eggs	Vegetable Egg Rolls with Plum Sauce	Beet Hummus with toasted pita	Fried Calamari with Lemon Aioli
Entrée 1	Shrimp & Vegetable Stir Fry	Linguine with Clams	Sole Fillet Gremolata	Pork Picatta with Lemon Caper Sauce	Veal Parmesan	Slow Roasted Pork Loin with Robert Sauce	Almond Crusted Sole Filet with Lemon & Tartar Sauce
Side	Basmati Rice	Garlic Bread & Tossed Salad	Herb Roasted Potatoes	Wild Rice	Roast Garlic Mashed Potatoes	Roasted Sweet Potatoes	Mashed Potatoes
Entrée 2	Butter Chicken Naan Bread	Pork Medallions with a Peach and Mango Chutney	Spring Lamb Stew with Mushroom and Green Peas	Bacon Wrapped Chicken Breast with Grainy Mustard Sauce	Baked Orange Roughy with Chive Cream Sauce	Mild Spice Jerk Chicken Legs with Gravy	Boneless Braised Short Beef Ribs
Side	Basmati Rice	Lyonnais Potatoes	Herb Roasted Potatoes	Wild Rice	Roast Garlic Mashed Potatoes	Roasted Sweet Potatoes	Mashed Potatoes
Vegetable		Sweet Corn	Asparagus	Carrots	Sugar Snap Peas	Zucchini	*Cauliflower
Vegetable	Stir Fry Vegetables	Roasted Beets	* Stuffed Tomato	* Broccoli	* Yellow Beets	Baked Squash	French Green Beans
Dessert	* Peach Melba	Homemade Banana Bread Pudding	Brownies	Cinnamon Coffee Cake	Cheesecake with Blueberry Compote	Watermelon Sorbet	Apple Crisp with Vanilla Ice Cream

* 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