



Lunch

Week 2	Monday June 16	Tuesday June 17	Wednesday June 18	Thursday June 19	Friday June 20	Saturday June 21	Sunday June 22
Soup	Hearty Scotch Broth	Chicken & Quinoa	* Egg Drop Soup	* Butternut Squash Soup	Vegetarian Borscht	* Minestrone Soup	Sweet Potato Soup
Entrée 1	B.L.T Sandwich	Bacon Cheeseburger with Lettuce, Tomato, Red Onions & Pickles	* Cobb Salad Turkey Bacon Egg Avocado Tomato Blue Cheese	Grilled Cheese Sandwich	Caribbean Chicken & Mango Salad Plate with Marinated Kidney Beans	Scrambled Egg, Bacon & Brown Toast	Crispy Chicken Fingers
side	Fresh Seasonal Fruit	Herb Potato Wedges	Dinner Roll	Caesar Salad	Garlic Toast	Watermelon Slices	Veggie Sticks & Fries
Entrée 2	*Sante Fe Chicken Salad Bowl - Black Bean Corn Avocado Tomato	Lime & Chili Shrimp Salad Bowl with Crispy Tortilla Chips	Deli Style Pastrami on Rye with Pickle Spears	Crispy Calamari Caesar Salad with Lemon	Crab Salad on Croissant	Cinnamon French Toast with Breakfast Sausage	*Spinach and Sundried Tomato and Goat Cheese on Flatbread
Side	Dinner Roll	—	Potato Salad	Toasted Pita	Arugula Salad	Watermelon Slices	Romaine Radicchio Salad
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	Red & Green Cabbage Salad	* Spinach Dip with Pita	Smoked Salmon & Cream Cheese on Cucumber Rounds	* Corn and Black Bean Salad	Spinach & Mandarin Orange Salad	Sausage roll	Tossed Salad
Entrée 1	Veal Flank Steak with a Rosemary Maple Butter	Four Cheese Ravioli Marinara Sauce & Garlic Bread	Homemade Meatloaf with Rosemary Gravy	BBQ Pork Shanks	Broiled Cod Loin with Creamy Dill Sauce	Yucatan Pork Loin Topped with Pickled Red Onion	Beef Pot Roast with Mushroom Gravy
Side	Herb Roasted Potatoes	House Salad	Sweet Potato Mash	Mini Roasted Red Potatoes	Couscous	Wild Rice	Mashed Potatoes
Entrée 2	Baked Rainbow Trout with Tomato Olive Caper Sauce	Pork Cottage Roll	Pan Roasted Chicken Breast with Pearl Onion Sauce	Pan Seared Tilapia Filet with Brown Butter Caper Sauce	Spaghetti Bolognese with Garlic Bread	Pesto Crusted Chicken Breast with Tomato Basil Sauce	New Orleans Style Cajun Basa Filet with Red Cabbage Slaw
Side	Herb Roasted Potatoes	Mashed Potatoes	Sweet Potato Mash	Mini Roasted Red Potatoes	Caesar Salad	Wild Rice	Mashed Potatoes
Vegetable	Yellow Waxed Beans	Carrots	*Cauliflower	Green Peas	* Broccoli	Baby Carrots	Beets
Vegetable	* Broccoli	Steamed Cabbage	* Green Beans Almondine	Baked Squash	Sauteed Peppers	Asparagus	Buttered Corn
Dessert	Raspberry Cheesecake Ice Cream	Lemonicious Bar	Orange Cake with Frosting	Coconut Custard Pie	Apple Cobbler	Maple Cake	Buttertart

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Strawberry

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