



Lunch

Week 4	Monday August 11	Tuesday August 12	Wednesday August 13	Thursday August 14	Friday August 15	Saturday August 16	Sunday August 17
Soup	*Tomato Basil Soup	Creamy Chicken Macaroni Soup	Crab and Corn Egg Drop Soup	Turkey Vegetable	* Cream of Cauliflower	Asian Beef Noodle Soup	White Navy Bean Soup
Entrée 1	Turkey & Brie Panini Sandwich with Cranberry Sauce	Avocado Toast with a Crab Salad & Pea Shoots	Canadian Club Sandwich on Panini Bread	Tempura Shrimp Salad Plate with Teriyaki Dip	*Turkey BLT Basil Romaine Bowl	Scrambled Egg with Bacon & Brown Toast	Italian Sausage with Farfalle Pasta Salad
side	Cucumber Dill Salad	Mixed Green Salad	Spinach & Mandarin Salad	Garlic Toast	Dinner Roll	Watermelon Slices	Potato Chips
Entrée 2	Carved Steak Salad with Blue Cheese Crumble & Endive	Roasted Vegetable & Feta Quiche	Wieners with Baked Beans and Cheddar Cheese	BBQ Roast Beef Sandwich with Caramelized Onion & Cheddar on Bun	Perogies with Bacon, Sauteed Onions, & Sour Cream	Belgian Waffle with Strawberries & Breakfast Sausage	Steak House Burger with HP Sauce & Sauteed Onions
Side	Dinner Roll	Mixed Green Salad	Spinach & Mandarin Salad	Greek Salad	Caesar Salad	Watermelon Slices	Potato Chips
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	Spinach and Cheese Dip with Nachos	Artichoke Salad	Carrot Pineapple Raisin Salad	Mixed Green Salad with Strawberry & Goat Cheese	Vegetable Egg Rolls with Plum Sauce	Hummus with Toasted Pita Bread	Crispy Cauliflower Bites with Curry Aioli
Entrée 1	Shrimp & Vegetable Stir Fry	Fettucine Primavera in Alfredo Sauce	Poached Sole Fillet with Caper Cream Sauce	Lamb Tikka Masala with Cucumber Raita	Spaghetti Bolognese	Chicken Pot Pie	Veal Parmesan
Side	Basmati Rice	Garlic Bread	Mashed Potato	Wild Rice	Garlic Toast & Tossed Salad		Roasted Garlic Mashed Potato
Entrée 2	Butter Chicken Naan Bread	Pork Tenderloin with Peach Mango Chutney	Baby Beef Liver with Sauteed Onion, Bacon & Gravy	Honey Lime Chicken Thigh	Pan Seared Tilapia with Lemon Chive Butter Sauce	Pork Goulash	Baked Salmon with Dill Hollandaise Sauce
Side	Basmati Rice	Boiled Parisienne Potato	Mashed Potato	Wild Rice	Roasted Mini Potato	Baked Potato	Roasted Garlic Mashed Potato
Vegetable		Baby Carrots	French Green Beans	Roasted Mixed Peppers	Sugar Snap Peas	Zucchini	Cauliflower
Vegetable	Stir Fry Vegetables	Brussels Sprouts	Buttered Corn	* Broccoli	Roasted Beets	Baked Squash	Roasted Diced Carrots
Dessert	Rice Pudding with Raisins	Homemade Banana Bread Pudding	English Trifle	Assorted Cakes	Espresso Ice Cream	Chocolate Eclairs	Assorted Tarts

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Peaches

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