



Lunch

Week 1	Monday Sept 1	Tuesday Sept 2	Wednesday Sept 3	Thursday Sept 4	Friday Sept 5	Saturday Sept 6	Sunday Sept 7
Soup	Beef Barley	Spring Pea & Mint	Lemon Orzo Chicken	Cream of Mushroom	Corn and Kale Soup	Turkey & Rice	Cream of Vegetable
Entrée 1	Tuna Pan Bagnat Sandwich	Cottage Cheese Plate with Fresh Fruit Medley	Korean BBQ Pork Riblet with Potato Wedges	Mushroom & Brie Quiche with Chives	Fish n Chips with Lemon Wedge & Tartar Sauce	Belgian Waffle with Breakfast Sausage, Strawberry & Cream	Julienne Salad
side	Cucumber Dill Salad	Banana Loaf	Summer Salad	Greek Salad	Cramy Coleslaw	Fresh Fruit	Dinner Roll
Entrée 2	Chicken Parmesan Sandwich	Sausage, Cheese & Freshly Cracked Egg on an English Muffin	Lemon Chicken Wrap	Crab Mac & Cheese	Roast Beef Sandwich with Horseradish Aioli	Soft Poached Egg on Corned Beef Hash with Chive & Truffle Hollandaise Sauce	BBQ Glazed Chicken Drumsticks
Side	Cucumber Dill Salad	* Apple Pecan Salad	Summer Salad	Greek Salad	Mixed Green Salad	Fresh Fruit	Potato 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	Asian Mango Slaw	Spring Rolls with Plum Sauce	Spring Greens Strawberry Goat Cheese Salad	Chickpea Salad	House Salad	Brie Pear and Honey Crostini	Vegetable Eggrolls with Plum Sauce
Entrée 1	Italian Pasta Putanesca	Grilled Pork Chop with Rosemary Maple Butter	Baked Haddock with Cherry Tomato & Basil	* Chicken Thighs Florentine	Traditional Roast Turkey with Cornmeal Stuffings, Gravy & Cranberry Sauce	Pork Tenderloin with Strawberry Chimichurri	Ginger Glazed Salmon with Pineapple Salsa
Side	Garlic Toast	Baked Potato with Sour Cream	Whipped Potato	Parisienne Potatoes	Mini Roasted Red Potatoes	7 Grain Medley	Chive Mashed Potatoes
Entrée 2	Chinese Beef & Broccoli	Grilled Mediterranean Chicken Breast with Tomato & Olive Relish	Shrimp Brochette Chive Beurre Blanc	Herb Roasted Lamb with Mint Sauce	Beef and Corn Cottage Pie	Oregano Roasted Chicken Leg with a Garlic Tomato Sauce	Cabbage Rolls
Side	Rice Pilaf	Baked Potato with Sour Cream	Whipped Potato	Parisienne Potatoes	Mini Roasted Red Potatoes	7 Grain Medley	Chive Mashed Potatoes
Vegetable	Stir Fry Vegetables	Vegetable Medley	French Green Beans	*Cauliflower	Sugar Snap Peas	Zucchini	* Broccoli
Vegetable			Carrot Coins	Sauteed Peppers	Roasted Turnips	Buttered Corn	
Dessert	Assorted Novelty Ice Creams	Vanilla Sheet Cake	Lemon Meringue Pie	Rice Pudding with Raisins	Peach Cobbler	Carrot Cake	Boston Cream Pie

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Raspberry

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