



Lunch

Week 2	Monday Oct 20	Tuesday Oct 21	Wednesday Oct 22	Thursday Oct 23	Friday Oct 24	Saturday Oct 25	Sunday Oct 26
Soup	Heartly 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 with Bacon Avocado Boiled Egg Tomato & Bleu Cheese	Grilled Cheese Sandwich	Linguine with Clams	Scrambled Egg, Bacon & Brown Toast	Crispy Chicken Fingers
side	Fresh Seasonal Fruit	Herb Potato Wedges	Dinner Roll	Caesar Salad	Tossed Salad & Garlic Toast	Watermelon Slices	Veggie Sticks & Fries
Entrée 2	*Sante Fe Chicken Salad Bowl - Black Bean Corn Avocado Tomato	Tuna Salad on Croissant	Deli Style Pastrami on Rye with Pickle Spears	Crispy Calamari Caesar Salad with Lemon	Caribbean Chicken & Mango Salad Plate with Marinated Kidney Beans	Cinnamon French Toast with Breakfast Sausage	*Spinach and Sundried Tomato and Goat Cheese on Flatbread
Side	Dinner Roll	Garden Salad	Carrot & Raisin Slaw	Toasted Pita	Garlic Toast	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	Citrus Pasta Salad	Spinach and Feta Puff	Peach and Beet Salad	Waldorf Salad	Bruschetta
Entrée 1	Pork & Black Beans Cumin Stew	Spaghetti with Meatballs	Homemade Meatloaf with Rosemary Gravy	Mushroom Ravioli with Saute Wild Mushroom & Creamy Pesto Sauce	BBQ Pork Baby Back Ribs	Yucatan Pork Loin Topped with Pickled Red Onion	Beef Pot Roast with Mushroom Gravy
Side	Rice Pilaf	Garlic Toast & Tossed Salad	Whipped Potato	Garlic Toast	Baked Potato & Sour Cream	Wild Rice	Mashed Potatoes
Entrée 2	Shrimp Stir Fry	Pork Cottage Roll	Baked Rainbow Trout with Tomato Olive Caper Sauce	Pan Roasted Chicken Breast with Pearl Onion Sauce	Curied Lamb Stew	Pesto Crusted Chicken Breast with Tomato Basil Sauce	New Orleans Style Cajun Basa Filet with Red Cabbage Slaw
Side	Rice Pilaf	Mashed Potatoes	Whipped Potato	Mini Roasted Red Potatoes	Baked Potato & Sour Cream	Wild Rice	Mashed Potatoes
Vegetable	Stir Fry Vegetables	Carrots	*Cauliflower	Green Peas	* Broccoli	Baby Carrots	Beets
Vegetable		Steamed Cabbage	* Green Beans Almondine	Baked Squash	Sweet Corn	Asparagus	Roasted Peppers
Dessert	Raspberry Cheesecake Ice Cream	Assorted Squares & Cakes	Orange Cake with Frosting	Coconut Custard Pie	English Trifle	Maple Cake	Maple Walnut Ice Cream

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Corn

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