



Lunch

Week 6	Monday Nov 17	Tuesday Nov 18	Wednesday Nov 19	Thursday Nov 20	Friday Nov 21	Saturday Nov 22	Sunday Nov 23
Soup	Corn Chowder	Chicken Noodle	Cream of Asparagus	* Tomato Rice	* Apple Leek Butternut	Cream of Vegetable	* Minestrone Soup
Entrée 1	Devised Egg Salad Plate with Endive & Julienne Radish	Grilled Cheese Sandwich	Philly Cheese Steak Sub	Crispy Calamari Greek Salad with Naan Bread	Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce	Italian Sausage on a Bun with Onions & Peppers	Black Forest Ham Sandwich with lettuce, tomato & Dijon Mayonnaise
side	12 Grain Bread	Potato salad	Pickle & Sweet Potato Fries	0	Creamy Coleslaw	Caesar Salad	* Sweet & Sour Bean Salad
Entrée 2	Mediterranean Chicken Wrap	Cobb Salad Turkey Bacon Egg Avocado Tomato Blue Cheese	Tuna Nicoise Salad Kalamata Olive Tomato Green Bean	Chicken Quesadilla	Reuben Sandwich on Marble Rye with Pickle Wedge	Blueberry Pancakes	* Spinach & Mushroom Quiche
Side	Tossed Salad	Garlic Bread	Toasted Baguette	Cucumber Dill Salad	Creamy Coleslaw	Turkey Sausage & Fresh Fruit	* Sweet & Sour Bean Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Mini Spring Rolls Plum Sauce	* Guacamole with Taco Chips	House Salad	Sausage roll	* Beet & Onion Salad	* Broccoli Slaw with Cranberries	* Bruschetta
Entrée 1	Teriyaki Beef & Broccoli	BBQ Baby Back Ribs	Korean Sweet Gochujang Chicken Thigh	Pork Tenderloin with a Roasted Garlic Balsamic Glaze	Chicken Pot Pie	Hearty Pork & Root Vegetable Stew	* Roast Turkey with Traditional Dressing
Side	Chow mein Noodles	Parslied Boiled Potatoes	Steamed Rice	Mashed Potatoes	Potato Wedges		Cranberry Sauce & Gravy Mashed Potatoes
Entrée 2	Sweet & Sour Pork	Haddock Roasted Red Pepper Sauce	Traditional Beef Lasagna	Middle Eastern Shawarma Style Braised Lamb Leg with Tzatziki Sauce	Spaghetti and Meatballs	Argentina Beef Brisket with Chimichurri sauce	Potato & Chive Crusted Cod Remoulade Sauce
Side	Chow mein Noodles	Parslied Boiled Potatoes	Garlic Bread & Caesar Salad	Mashed Potatoes	Chef's Salad & Garlic Bread	Roasted Sweet Potatoes	Mashed Potatoes
Vegetable	Stir Fry Vegetables	* Cauliflower	* Seasoned Broccoli	Roasted Carrots	Buttered Corn	Sauteed Kale	Roasted Brussel Sprouts
Vegetable		Minted Peas	Sauteed Red & Yellow Peppers	Sugar Snap Peas	Zucchini	Baked Squash	Roasted Turnips
Dessert	Vanilla Spongecake & Strawberry Compote	Banana Cake	* Pecan Pie	Carrot Cake	* Warm Apple Crisp	Lemon Meringue Pie	Tiramisu

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health

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