


Menu for the Week of February 20 - February 26, 2023

Dinner

OMELET OF THE WEEK: GREEK STYLE (*TOMATO, ONIONS & FETA CHEESE)

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	ITALIAN MINISTRONE	CHICKEN POTSTICKERS	CAULIFLOWER & LEEK	 CHILI DAY SEAFOOD CHOWDER	"A TASTE OF ITALY" LIAN WEDDING SOUP	COUNTRY VEGETABLE WITH RICE	CREAM OF ASPARAGUS
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	BOCCONCINI, TOMATO, CUCUMBER ON BUTTER LETTUCE	*AVOCADO & PROSCIUTTO ON ICEBERG LETTUCE	SLICED *PEACHES & BLUEBERRIES ON ICEBERG LETTUCE SALAD	MIXED GREEN WITH RED GRAPES, *RASPBERRIES & BLUE CHEESE	BUTTER LETTUCE, ROMA TOMATO, RED ONION & FETA CHEESE	POTATO SALAD	CRISPY BACON, HARD BOILED *EGGS ON ICEBERG LETTUCE
Entrée 1	SALISBURY STEAK WITH ONIONS, MUSHROOM, GRAVY	BAKED HAM & CHEESE QUICHE WITH SALAD	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS, GRAVY	CHILI CORN CARNE WITH SOUR CREAM & SHREDDED CHEDDAR CHEESE	INDIVIDUALLY BAKED MEAT LASAGNA WITH GARLIC BREAD	BBQ PORK SPARERIBS	FRENCH DIP SANDWICH (BEEF DIP) AU JUS AND FRENCH FRIES
Entrée 2	MARINATED & ROASTED CHICKEN BREAST WITH GRAVY	ROASTED CHICKEN LEGS WITH GRAVY	SWEET CURRY CHICKEN WITH BASMATI RICE	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE	BAKED CHICKEN PARMESAN	BAKED MACARONI & CHEESE	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE
Entrée 3	POTATO CRUSTED COD FILET WITH TARTAR SAUCE	POACHED BASA FILET WITH MISO BROTH	POACHED SALMON FILET WITH DILL SAUCE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	ROASTED SALMON FILET ITALIAN STYLE		FISH COMBINATION (TROUT & BASA) WITH LEMON SAUCE
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATOES LYONNAISE	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED RED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	PEAS & MUSHROOMS	GREEN KALE	CORN NIBLETS	BAKED *TOMATOES	DICED *BEETS	SPAGHETTI SQUASH	YELLOW *BEANS
Vegetable	BABY CARROTS	CAULIFLOWER	GREEN ZUCCHINI	RED SWISS CHARD	ASPARAGUS	BRUSSEL SPROUTS	HONEY CARROTS
FEATURED Dessert	CARROT CAKE	CUSTARD BREAD PUDDING WITH CARAMEL SAUCE	ASSORTED PIES	WARM CHOCOLATE MOLTEN CAKE	TIRAMISU CAKE	PUMPKIN PIE	BUTTERTART BAR
Dessert #2							



* Menu item contains a Superfood.

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS
BEETS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES
EGGS

FATTY FISH
NUTS
PEACHES
RASPBERRIES

SPINACH
STRAWBERRIES
SQUASH
TOMATO

