

Menu for the Week of April 17 - April 23, 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	WON TON	CAULIFLOWER & LEEK	SEAFOOD CHOWDER	CHICKEN NOODLE	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	CAESAR SALAD	SLICED *PEACHES & BLUEBERRIES ON ICEBERG LETTUCE SALAD	MIXED GREEN WITH RED GRAPES, *RASPBERRIES & BLUE CHEESE	CABBAGE AND CARROT COLESLAW	ICEBERG LETTUCE WITH FRESH BERRIES	CRISPY BACON, HARD BOILED *EGGS ON ICEBERG LETTUCE
Entrée 1	MEAT LOVERS PIZZA WITH SALAD	SLOW COOKED CORNED BEEF WITH BRAISED GREEN CABBAGE	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS, GRAVY	OVERNIGHT ROASTED PORK BELLY WITH BBQ GLAZE	BEEF AND BROCCOLI CHOWMEIN	BEEF AND VEGETABLE POT PIE WITH GRAVY	BEEF MEATLOAF WITH GRAVY
Entrée 2	MARINATED & ROASTED TURKEY BREAST WITH GRAVY	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	SWEET CURRY CHICKEN WITH BASMATI RICE	BAKED MACARONI & CHEESE	SMOKED TURKEY BREAST COLD PLATE WITH POTATO SALAD & FRESH VEGETABLES	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE	CHICKEN FINGERS WITH CAESAR SALAD & PLUM SAUCE
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	COQUILLE ST JACQUES (SCALLOPS, MUSHROOMS, WHITE WINE SAUCE)	POACHED SALMON FILET WITH MISO BROTH	GINGER-SOY ASIAN STYLE POLLOCK FILETS	BAKED RED SNAPPER WITH GARLIC & HERBS	BAKED ASIAN STYLE SALMON FILET	ORIENTAL BAKED COD FILET
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATOES LYONNAISE	MASHED POTATOES	POTATO PATTIES	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	DICED *BEETS	CORN NIBLETS	BAKED *TOMATOES	BRAISED RED CABBAGE	SPAGHETTI SQUASH	YELLOW *BEANS
Vegetable	SLICED CARROTS	CAULIFLOWER	ASPARAGUS	GREEN *BEANS	YELLOW ZUCCHINI	BRUSSEL SPROUTS	HONEY CARROTS
FEATURED Dessert	LEMON STREUSEL CAKE	CUSTARD BREAD PUDDING WITH CARAMEL SAUCE	APPLE PIE	WARM CHOCOLATE MOLTEN CAKE	WARM TAPIOCA PUDDING	ORANGE CITRUS CAKE	CHOCOLATE CREAM PIE
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

