


## Menu for the Week Of October 2 - October 8, 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	GREEN LENTIL	CAULIFLOWER & LEEK	 <b>THANKSGIVING BUFFET DINNER</b>	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	*AVOCADO & HAM ON ICEBERG	SLICED FRESH PEACHES & *BLACKBERRIES ON ICEBERG LETTUCE SALAD	MEDITERRANEAN TORTELLINI SALAD MIXED GREEN SALAD STEAMED PRAWNS RED BEET SALAD, CREAMY POTATO SALAD, NAVY BEAN SALAD DELI COLD CUTS GREEN COLESLAW	CABBAGE AND CARROT COLESLAW	WARM CALAMARI SALAD WITH RANCH DRESSING	CRISPY BACON, HARD BOILED EGGS ON ICEBERG LETTUCE
Entrée 1	PEPPERONI PIZZA WITH SALAD	GRILLED CHEESEBURGER WITH FRIES	AROMATIC SLOW ROASTED CHINESE STYLE ROAST PORK SHOULDER	CARVED ROASTED TURKEY WITH STUFFING, CRANBERRY SAUCE & GRAVY	VEAL CUTLETS WITH GRAVY	BEEF AND VEGETABLE POT PIE WITH GRAVY	BBQ PORK WITH STEAMED RICE
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH GRAVY	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	POTATO CHEESE PEROGIES WITH SAUTEED ONIONS, BACON & SOUR CREAM	BAKED SALMON FILET & SCALLOPS & LOBSTER MEAT SAUCE	ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE	BAKED CHICKEN CORDON BLEU WITH GRAVY	SHANGHAI FRIED NOODLES VEGETARIAN
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	POACHED COD FILET WITH FRESH GINGER & CILANTRO	POACHED SALMON FILET WITH DILL SAUCE	BRAISED PORK DRUMMIES WITH VEG IN A BBQ BRANDY SAUCE	BAKED SEAFOOD & BRIE CHEESE QUICHE	BAKED ASIAN STYLE SALMON FILET	POTATO CRUSTED COD FILET WITH TARTAR SAUCE
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATOES LYONNAISE	WHIPPED POTATOES WITH ROASTED GARLIC & GREEN ONIONS	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	CAULIFLOWER	SAUTEED	BROCCOLINI	SPAGHETTI *SQUASH	YELLOW * BEANS
Vegetable	BABY CARROTS	CORN NIBLETS	ASPARAGUS	MIXED VEGETABLES	YELLOW ZUCCHINI	BRUSSEL SPROUTS	HONEY CARROTS
FEATURED Dessert	H.M. LEMON TARTS	CUSTARD BREAD PUDDING WITH CARAMEL SAUCE	COCONUT CREAM PIE	TRADITIONAL PUMPKIN PIE WITH WHIPPED CREAM	WARM TAPIOCA PUDDING	ORANGE CITRUS CAKE	PEACH MELBA WITH RASPBERRY COULIS
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

