



## Menu for the Week of November 13 - November 19, 2023

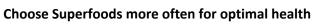
## **Dinner**

## OMELET OF THE WEEK: \*SPINACH & MOZZARELLA CHEESE

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER	THREE MUSHROOM BARLEY	MISO SOUP	TOMATO RICE	GREEN CABBAGE & POTATO	CHICKEN NOODLE	CREAM OF BROCCOLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: <b>SALAD</b>	GREEN SALAD WITH FRESH RASPBERRIES & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & DRIED CRANBERRIES	SHRIMP COCKTAIL	CHERRY TOMATO, RED ONION, YELLOW PEPPER SALAD	WALDORF SALAD	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	BRAISED BEEF & VEGETABLE STEW WITH MASHED POTATOES	OVERNIGHT ROASTED PORK BELLY	LAMB KOFTA WITH TZATZIKI SAUCE AND POTATO SALAD	SWEDISH MEATBALLS WITH EGG NOODLES	HOT DOG WITH DICED ONIONS , SAUERKRAUT RELISH & FRENCH FRIES	BRAISED VEAL OSSO BUCCO	ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN BREAST WITH PEANUT SAUCE	CREAMY CHICKEN CARBONARA PENNE PASTA WITH GARLIC BREAD	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	MARINATED AND ROASTED CHICKEN THIGHS WITH GRAVY	CHICKEN VEGETABLE STIRFRY NOODLES	MOROCCAN CHICKEN & CHICKPEA RAGU OVER COUSCOUS	CHICKEN VEGETABLE CHOWMEIN
Entrée 3	COD FLORENTINE	SUMMER HERB CRUSTD COD FILET WITH TARTAR SAUCE	SALMON BURGER WITH FRENCH FRIES	POACHED SEAFOOD COMBO (SALMON, BASA, PRAWN)	POTATO CRUSTED COD FILET WITH TARTAR SAUCE	BAKED BREADED SOLE FILET WITH TARTAR SAUCE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	ROASTED YAM POTATOES	SCALLOPED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BROCCOLINI	PARSLIED CAULIFLOWER	GREEN & YELLOW *BEANS	GLAZED CARROTS	CORN & TARRAGON	*BROCCOLI FLORETS	BRUSSEL SPROUTS
Vegetable	BABY CARROTS	PEAS	BAKED *TOMATOES	SPAGHETTI SQUASH	BABY BOK CHOY	WHOLE BABY BEETS	TURNIPS
FEATURED Dessert	LEMON MERINGUE PIE	MIXED BERRY CRUMBLE	MAPLE CHOCOLATE MANIA CAKE	CARROT CAKE	BUTTERSCOTCH PUDDING	STEWED MIXED FRUIT MEDLEY WITH WHIPPED CREAM	BOSTON CREAM PIE



\* Menu item contains a Superfood.





APPLES AVOCADO BEANS & LENTILS BLACKBERRIES BLUEBERRIES BRAN& OAT BROCCOLI

CAULIFLOWER CHERRIES CRANBERRIES FATTY FISH NUTS PEACHES SPINACH STRAWBERRIES SQUASH TOMATO YOGURT

