

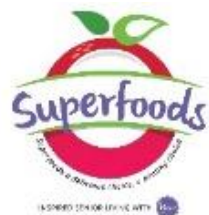
Menu for the Week Of November 27 - December 3, 2023

Dinner

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

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	ITALIAN MINISTRONE	MISO SOUP	SEAFOOD CHOWDER	*CAULIFLOWER & LEEK SOUP	LIVING LOVING LOCAL: WINTER *SQUASH *SQUASH & APPLE SOUP	CHICKEN NOODLE SOUP	CREAM OF ASPARAGUS
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	BLACK OLIVES, TOMATO, CUCUMBER ON BUTTER LETTUCE	*AVOCADO & HARD BOILED EGG ON ICEBERG	FRESH *BERRIES ON ICEBERG LETTUCE SALAD	MIXED GREENS WITH RED GRAPES, RASPBERRIES & BLUE CHEESE	*SQUASH SALAD WITH ROASTED ALMONDS & FETA CHEESE	CABBAGE AND PINEAPPLE SALAD	CRISPY BACON, HARD BOILED *EGGS ON ICEBERG LETTUCE
Entrée 1	PEPPERONI PIZZA WITH SALAD	SLOW COOKED CORNED BEEF WITH BRAISED GREEN CABBAGE	OVERNIGHT ROASTED PORK BELLY WITH STEAMED RICE.	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS & GRAVY	BRAISED BBQ PORK SPARERIBS	BEEF AND VEGETABLE POT PIE WITH GRAVY	GRILLED CHEESEBURGER WITH FRENCH FRIES
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH HOI SIN SAUCE	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	FIVE SPIECE ROASTED DUCK LEG WITH BLUEBERRY SAUCE	BAKED MACARONI & CHEESE	ROASTED CHICKEN LEGS WITH CARAMELIZED ONIONS	BAKED CHICKEN CORDON BLEU WITH GRAVY	CHICKEN FINGERS WITH CAESAR SALAD AND PLUM SAUCE
Entrée 3	POACHED WHITE FISH FILET WITH FRESH GINGER & CILANTRO	WILD ALASKA SALMON BURGER WITH FF	BABY SHRIMP SALAD ON CROISSANT	FISH & CHIPS WITH COLESLAW & TARTAR	POACHED SALMON FILET IN MISO BROTH WITH CILANTRO & GINGER	BAKED ALMOND CRUSTED SOLE FILET WITH TARTAR SAUCE	BAKED SMOKED SALMON QUICHE
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATOES LYONNAISE	MASHED POTATOES	ROASTED YAM POTATOES	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	BAKED TOMATOES	BAKED BUTTERNUT *SQUASH	SPAGHETTI *SQUASH	YELLOW * BEANS
Vegetable	BABY CARROTS	CORN NIBLETS	ASPARAGUS	GREEN BEANS	SUGAR SNAP PEAS	BRUSSEL SPROUTS	HONEY CARROTS
FEATURED Dessert	INDIVIDUAL BLUEBERRY TARTS	CUSTARD BREAD PUDDING WITH CARAMEL SAUCE	COCONUT CREAM PIE	WARM CHOCOLATE MOLTON CAKE	PUMPKIN PIE	ORANGE CITRUS CAKE	PEACH MELBA WITH RASPBERRY COULIS

* 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

