

Menu for the Week Of January 22 - January 28, 2024

Dinner

OMELET OF THE WEEK: BROCCOLI AND CHEESE

Week 8	Monday	Tuesday	Wednesday	 Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	BUTTERNUT SQUASH, GREEN KALE & CHICKPEA	MISO - TOFU SOUP	CAULIFLOWER & LEEK	ROBBIE BURNS FEATURE DINNER SCOTCH BROTH SOUP	CLEAR 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	BLUE CHEESE, TOMATO, CUCUMBER ON BUTTER LETTUCE	*AVOCADO & PROSCIUTTO ON ICEBERG	SLICED PEACHES AND BLUEBERRIES ON ICEBERG LETTUCE SALAD	SHRIMP COCKTAIL	CABBAGE AND CARROT COLESLAW	WARM CALAMARI SALAD WITH RANCH DRESSING	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 ON STEAMED RICE.	ROASTED RIB EYE OF BEEF WITH YORKSHIRE PUDDING & GRAVY	BBQ PORK SPARERIBS	BEEF AND VEGETABLE POT PIE WITH GRAVY	PAN FRIED LIVER WITH SAUTEED ONIONS & GRAVY
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH HOI SIN SAUCE	ROASTED TURKEY THIGHS WITH GRAVY AND STUFFING	SWEET CURRY CHICKEN WITH BASMATI RICE	CHICKEN THIGHS WITH PEACH & DIJON GLAZE	BAKED MACARONI & CHEESE	ROASTED CHICKEN LEGS WITH CREAMY MUSHROOM SAUCE	CHICKEN FINGERS WITH CAESAR SALAD AND PLUM SAUCE
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	POACHED COD FILET WITH FRESH GINGER AND CILANTRO	PRAWN & VEGETABLES CHOW MEIN	POACHED SALMON FILET WITH BEARNAISE SAUCE	BAKED ALMOND CRUSTED SOLE FILET WITH TARTAR SAUCE	POACHED BASA FILET WITH SEAFOOD SAUCE	CHINESE STYLE OVEN BAKED HADDOCK FILET
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATOES LYONNAISE	GARLIC 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	BOK CHOY	*BEETS	BABY CARROTS	MASHED CARROTS & TURNIPS	BROCCOLINI	SPAGHETTI *SQUASH	YELLOW * BEANS
Vegetable	BAKED TOMATOES	CORN NIBLETS	PEAS	BROCCOLI	YELLOW ZUCCHINI	BRUSSEL SPROUTS	HONEY CARROTS
FEATURED Dessert	MINCEMEAT TARTS	CUSTARD BREAD PUDDING WITH CARAMEL SAUCE	COCONUT CREAM PIE	BUTTERSCOTCH PUDDING TARTS WITH WHIPPED CREAM	WARM TAPIOCA PUDDING	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

