

Menu for the Week of January 26 - February 1, 2026

Menu items are subject to change due to availability of product. * Please check the Daily Menu Board*

Dinner

OMELETE OF THE WEEK - 2 CHEESE

	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	01-Feb
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CREAM OF MUSHROOM SOUP	MISO TOFU SOUP	SPLIT PEA & HAM SOUP	PORK & BARLEY SOUP	BORSCHT WITH SOUR CREAM SOUP	CHICKEN NOODLE SOUP	FRENCH ONION WITH CHEESE CROUTONS SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SPINACH WITH RASPBERRIES & BRIE CHEESE	PROSCUITTO, CUCUMBER, TOMATOES ON ICEBERG LETTUCE	BEEF SALAD WITH COTTAGE CHEESE	WALDORF SALAD	SALAD WITH FRESH PAPAYA & HONEYDEW ON ICEBERG LETTUCE	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & CRANBERRY	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	BRAISED BEEF STROGANOFF WITH EGG NOODLES	PHILLY CHEESE STEAK WITH COLESLAW, YAM FRIES	BREADED PORK CUTLETS WITH GRAVY	BAKED PEPPERONI PIZZA WITH TOSSED SALAD	BRAISED CABBAGE ROLLS IN TOMATO SAUCE WITH SOUR CREAM	ROASTED RACK OF LAMB WITH GRAVY & MINT SAUCE	BAKED MAUI SHORT RIBS WITH STEAMED RICE
Entrée 2	ROASTED CHICKEN DRUMSTICKS WITH GRAVY	CHICKEN A LA KING IN PUFF PASTRY	SWEET & SOUR CHICKEN WITH STEAMED RICE	MARINATED & ROASTED CHICKEN LEGS WITH GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	CHICKEN WINGS WITH HONEY-GARLIC SAUCE	MARINATED & ROASTED CHICKEN THIGHS WITH MUSHROOM SAUCE
Entrée 3	CANTONESE STYLE STEAMED HADDOCK FILET	GRILLED SALMON FILET WITH LEMON WEDGE	BAKED COD FILET WITH ROASTED RED PEPPER SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	POACHED SALMON FILET WITH LEMON SAUCE	GARLIC PRAWN SKEWERS WITH LEMON WEDGE	COCONUT CURRY MUSSELS WITH FRESH BASIL & CILANTRO
Starch	ROASTED YAM POTATOES	ROASTED POTATOES	BOILED YELLOW POTATO WITH DILL	MASHED POTATOES	SCALLOPED POTATOES	POTATO LYONNAISE	BAKED 1/2 POTATO WITH SOUR CREAM
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BABY CARROTS	STEAMED PEAS	BRAISED SAVOY CABBAGE	CAULIFLOWER	SUGAR SNAP PEAS	BUTTERED CORN	SLICED CARROTS
Vegetable	STEAMED BOK CHOY	SPAGHETTI SQUASH	MASHED YELLOW TURNIPS & CARROTS	BROCCOLI FLORETS	GOLDEN BEETS	BAKED *TOMATO	GREEN BEANS
FEATURED Dessert	TIRPLE CHOCOLATE BROWNIES	INDIVIDUAL APRICOT	CARROT CAKE	BAKED LEMON PUDDING	APPLE & RAISIN CREPES	LEMON MERINGUE PIE	ASSORTED CAKES

* 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
YOGURT

