

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

Dinner

OMELETE OF THE WEEK - 2 CHEESE

	18-May Monday	19-May Tuesday	20-May Wednesday	21-May Thursday	22-May Friday	23-May Saturday	24-May Sunday
Week 1							
Appetizer: SOUP	*VICTORIA DAY* CLEAR CHICKEN VERMICELLI & FRESH PARSLEY SOUP	COCONUT LEMON GRASS SOUP WITH CHICKEN	PEA & HAM SOUP	FRENCH ONION SOUP	BORSCHT WITH SOUR CREAM SOUP	CHICKEN NOODLE SOUP	BUTTERNUT SQUASH SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	SMOKED SALMON & BOILED EGGS	SLICED CUCUMBERS, TOMATOES & JICAMA ON ICERBERG LETTUCE SALAD	BEET SALAD WITH COTTAGE CHEESE	WALDORF SALAD	SALAD WITH FRESH PAPAYA & RASPBERRIES	GREEN MIX SALAD WITH HONEY DEW, PINEAPPLE & CRANBERRY	TANGY PEAR & BLUE CHEESE SALAD
Entrée 1	HERB CRUSTED RACK OF LAMB WITH GRAVY/MINT JELLY	BAKED HAM WITH RAISIN SAUCE	BREADED PORK CUTLETS WITH GRAVY	BAKED HAWAIIAN PIZZA WITH TOSSED SALAD	TACO SALAD WITH GROUND BEEF	BRAISED CABBAGE ROLLS IN TOMATO SAUCE/SOURE CREAM	SUNDAY CORNED BEEF HASH WITH POACHED EGGS
Entrée 2	ROASTED CORNISH GAME HEN WITH GRAVY	CHICKEN & VEGETABLES CHOW MEIN	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	BAKED ATLANTIC SALMON WITH FRESH MANGO SALSA	BROILED COD LOIN WITH HOISIN SAUCE	POACHED SALMON FILET WITH TARTAR SAUCE	GRILLED HALIBUT FILET WITH LEMON SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	GARLIC PRAWN SKEWERS WITH LEMON WEDGE	SEAFOOD FETTUCCHINI PARMESAN CHEESE WITH GARLIC BREAD
Starch	MASHED YUKON GOLD 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	ROASTED ROOT VEGETABLES (CARROTS, CELERY ROOT, PARSNIPS, YELLOW TURNIPS)	STEAMED PEAS & DICED CARROTS	BRUSSEL SPROUTS	*CAULIFLOWER	MIXED VEGETABLES	BUTTERED CORN	SLICED CARROTS
Vegetable		SPAGHETTI *SQUASH	MASHED TURNIPS & CARROTS	BROCCOLI FLORETS		BAKED *TOMATO	GREEN BEANS
FEATURED Dessert	BASQUE CHEESECAKE	ASSORTED CAKES	PUMPKIN PIE	CARROT CAKE	APPLE & RAISIN CREPES	LEMON MERINGUE PIE	CHOCOLATE ÉCLAIR

** 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

