

Weekly Menu Week 1



Lunch

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	French Canadian Pea Soup	Sweet Potato	Butternut Squash Soup	Cream of Mushroom	Beef Barley	Seafood Chowder	Chicken Rice
Entrée 1	* Tuna Salad on Whole Wheat	Fresh Fruit Plate with Cottage Cheese & Baked Scone	Chicken Souvlaki & Pita Bread	Black Forest Ham & Swiss Cheese Sandwich on Whole Wheat	Roast Beef Sandwich with Horseradish Aioli	* Egg Salad Sandwich	Chicken Salad Sandwich on Whole Wheat
side	French Fries		Greek Salad	Tossed Salad	Caesar Salad	Vinaigrette Coleslaw	Mixed Green Salad
Entrée 2	Honey Garlic Chicken Wings	Turkey w/ Cranberry Mayonnaise, Lettuce & Tomato	Reuben Sandwich on Rye with Pickle Wedge	Roasted Vegetable & Feta Quiche	Bacon & Mushroom Gnocchi	Shrimp Caesar Salad	Perogies with Bacon Fried Onion Sour Cream
Side	French Fries & Crudité	House Salad	Sweet Potato Fries	Tossed Salad	Caesar Salad	Garlic Toast	
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Black Mushroom Salad	Oriental Broccoli Salad	Egg Roll with Plum Sauce	* Chickpea Salad	House Salad	Arancini - Risotto Bites	Caesar Salad
Entrée 1	Black Bean chicken	Seafood Lo Mein	Braised Lamb Leg w/ au Jus	Veal Marsala	Grilled Salmon Filet w/ Pesto Cream Sauce	Curried Chicken	Asian Glazed Ham
Side	Rice		Roasted Fingerling Potatoes	Risotto	Basmati Rice	Steamed Rice	Mashed Potatoes
Entrée 2	Pollock W/Tartar Sauce	Baked Sole w/ Lemon Cream Sauce	Oven Roasted Chicken Breast w/ Red Wine Jus	Mongolian Pork	Peri Peri Chicken	Oriental Beef	Basa Filet w/ Orange Glaze
Side	Parsley Potatoes	Scalloped Potatoes	Roasted Fingerling Potatoes	Jasmine Rice	Basmati Rice	Steamed Rice	Mashed Potatoes
Vegetable	Carrot Coins	Asparagus	Roasted Peppers	Carrots	Beets	Roasted Zucchini	Carrots
Vegetable	Sauteed Bok Choy	Squash	Root Vegetables	Bok Choy	Zucchini	Buttered Corn	French Green Beans
Dessert	Fruit Cobbler	German Chocolate Cake	Key Lime Pie	Bread Pudding w/ Ice Cream	Mango Mousse	Cream Puffs	Raspberry Cheesecake

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health

Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea