

Weekly Menu Week 4



Lunch

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Cream of Celery	* Tomato Kale	New England Clam Chowder	* Cream of Broccoli	Sweet Potato	Chicken Noodle	Beef Barley
Entrée 1	Egg Salad Sandwich	Open Face Turkey Sandwich	* Tuna Salad on Multigrain	Pastrami on Rye w/ Mustard aioli	Crispy Chicken Sandwich on Brioche Bun Lettuce, Tomato & Cajun Mayonnaise	Beef Broccoli w/ Steamed Rice	Cobb Salad w/ Chicken Breast, Boiled Egg, Avocado, Cucumber & Tomatoes
side	Mixed Green Salad	French Fries	Greek Salad	Mix Greens	Tomato and Cucumber Salad		
Entrée 2	Fresh Fruit & Cottage Cheese Plate with a Buttermilk Biscuit	Assorted Dimsum w/ Steamed Rice	Beef Ravioli w/ Cream Sauce	Chili Con Carne	Perogies with Bacon & Sour Cream	Roasted Vegetable & Feta Quiche	Mushroom Frittata
Side				Corn Bread		Tossed Salad	House Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Caesar Salad	* Chickpea Salad	Carrot Pineapple Raisin Salad	Mini Spring Rolls Plum Sauce	* Spinach Salad	Shrimp with Cocktail Sauce	* Bruschetta
Entrée 1	Mexican Style Spiced Beef Stew over Rice & Beans	Pan Seared Sole Filet with Gremolata	Lamb Kofta w/ Tzatziki Sauce & Pita Bread	Slow Roast Pork Loin w/ Apricot & Thyme Gravy	Meat Pot Pie	Mild Spiced Jerk Pork Tenderloin	Honey Garlic Glazed Ham
Side		Basmati Rice	Mashed Potatoes	Smashed Red Potatoes	Corn Bread	Steamed Rice	Parisienne Potatoes
Entrée 2	Butter Chicken w/ Naan Bread	Pork Picatta w/ Lemon Caper Butter	Lemon Pepper Cod Loin with Chive Cream Sauce	Chicken Cordon Bleu	Seared Sole Filet with a Tomato Chutney	Chicken Thighs Adobo	Cabbage Rolls Marinara Sauce
Side	Steamed Basmati Rice	Roasted Fingerling Potatoes	Mashed Potatoes	Smashed Red Potatoes	Roasted Sweet Sweet Potatoes	Steamed Rice	
Vegetable	Corn	Sauteed Mix Peppers	Brussels Sprouts	Roasted Beets	Sugar Snap Peas	Zucchini	Baby Carrots
Vegetable	Diced Carrots	*Cauliflower	* Ratatouille	* Broccoli	* Yellow Beets	Baked Squash	French Green Beans
Dessert	Pineapple Upsidedown Cake	Sticky Toffee Pudding Cake	Cheesecake Cherry Compote	Carrot Cake	* Pumpkin Pie	Strawberry Shortcake	Apple Crumble

* 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