

Weekly Menu Week 5



Lunch

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Ham and Potato	Turkey & Vegetables	Chicken & Vegetables	Seafood Chowder	Coconut & Carrot	Tortellini Soup	Italian White Bean
Entrée 1	Pest Chicken Salad on Croissant	Egg Foo Young w/ Steamed Rice	Roast Beef Salad	Ceasar Salad w/ Salmon	Chili Con Carne	Fusili Pasta w/ Ham, Peas & Marinara Sauce	Pollock Wing w/ Tartar Sauce
side	Caesar Salad				Steamed Rice	Garden Salad	Tossed Salad
Entrée 2	Caesar Salad w/ Baby Shrimp & Mandarin	Turkey w/ Pear & Cranberry Mayo Panini	Chicken Chasseur	Mushroom Ravioli Sundried Tomato Spinach Almonds	Santa Fe Chicken Salad w/ Black Beans, Corn, Green Beans & Lemon Vinaigrette	Pulled Pork on Bun w/ Coleslaw	* Eggs Benedict
Side		* Spinach Salad	Penne Pasta	Garlic Bread		Sweet Potato Fries	Hashbrowns & Tomato Slice
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

Dinner

Appetizer	Greek Salad	Brie Pear and Honey Crostini	Chickpea Salad	* Bruschetta	* Broccoli Cauliflower Salad	Caesar Salad	Cucumber Carrot and Red Onion Salad
Entrée 1	Festive Turkey	Fried Sole w/ Mango Salsa	Slow Roast Pork w/ BBQ Sauce	Fish & Chips w/ Coleslaw	Haddock w/ Mango Salsa	* Parmesan Crusted Chicken & Tomato Sauce	Roast Beef w/ Au Jus
Side	Mashed Potatoes	Jasmine Rice	Herbed Roasted Potatoes	French Fries	Steamed Brown Rice	Mashed Potatoes	Baked Potato
Entrée 2	Beef Lo Mein	Cantonese Lemon Chicken	Chicken Tikka Marsala	English Bangers Onion Gravy	Moroccan Inspired Beef & Chickpea Ragu over Couscous	Pan Fried Liver w/ Caramelized Onion	Seafood Newburg
Side	Steamed Rice	Jasmine Rice	Basmati Rice	Whipped Potatoes		Mashed Potatoes	Steamed Rice
Vegetable	Mixed Vegetables	Buttered Corn	Carrots	Seasoned Peas	Asparagus	Mixed Beans	Key West Vegetables
Vegetable		Bok Choy	Cauliflower	* Parslied Cauliflower	Mixed Peppers	Roasted Candied Carrots	* Seasoned Beets
Dessert	Apple Tart w/ Vanilla Ice Cream	Cannoli	Lemon Meringue	Green Tea Ice Cream	Black Forest Cake	Coconut Custard Pie	German Chocolate Cake

* 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