

Weekly Menu Week 6



Lunch

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Corn Chowder	Chicken Noodle	Cream of Asparagus	* Tomato Rice	Carrot & Ginger	Country Vegetables	* Minestrone Soup
Entrée 1	Seafood Salad on Croissant	Pork & Black Bean Stew	Chicken Club House Sandwich	* Salmon Salad Sandwich	Fish Cake w/ Tartar Sauce	Beef Burger	Grilled Cheese
side	Tossed Salad	Steamed Rice	Cesar Salad	French Fries	Creamy Coleslaw w/ Apples	Caesar Salad	French Fries
Entrée 2	Chicken Penne Pasta w/ Cream Sauce	Tuna Melt	Prawn Skewers w/ Mixed Greens, Tomatoes, Cucumber, Peppers, & Lemon Mustard Vinaigrette	BBQ Pork Fried Rice	Avocado Chicken Salad	Cobb Salad w/ Egg, Bacon, Avocado, Tomato & Blue Cheese Dressing	Spanish Omelette
Side	Garlic Toast	French Fries					Hashbrowns & Slice Tomatoes
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Greek Salad w/ Feta	Miso Coleslaw	White Bean & Vegetable Salad	Beet & Onion Salad	Mini Spring Rolls w/ Plum Sauce	Broccoli Pasta Salad	* Bruschetta
Entrée 1	Teriyaki Beef & Broccoli	Honey Garlic Pork Loin	Chicken Fricasse	Pork Tenderloin Dijonaise	Picante de Pollo	Chicken Curry	Roast Beef w/ Au Jus
Side	Brown Rice	Lo Mein Noodles	Basmati Rice	Mashed Potatoes	Mexican Rice	Basmati Rice	Mashed Potatoes
Entrée 2	Risotto w/ Roasted Chicken	Cod Loin w/ Orange Glazed	Mixed Seafood on Shanghai Noodles	Grilled Salmon	Braised Lamb w/ Au Jus	Prawn Skewer w/ Lemon Sauce	Baked Cod w/ Lemon Cream Sauce
Side		Steamed Rice		Mashed Potatoes	Mashed Potatoes	Basmati Rice	Mashed Potatoes
Vegetable	Asparagus	*Cauliflower	Mixed Vegetables	Roasted Carrots	Vegetable Medley	Mixed Peppers	Roasted Brussel Sprouts
Vegetable		Peas		Seasoned Peas		Carrots	Baked Squash
Dessert	Vanilla Spongecake & Strawberry Compote	Banana Fritti	Crème Brulee	Carrot Cake	Chocolate Torte	Apple Crumble w/ Ice Cream	Tiramisu

* 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