



Lunch

Week 1	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Entrée 1	* Tuna Salad on Whole Wheat	Fresh Fruit Plate with Cottage Cheese & Baked Scone	Potatoes Pancake with Sausages	BLT Sandwich	Reuben Sandwich on Rye with Pickle Wedge	* Egg Salad Sandwich	Chicken Salad Sandwich on Whole Wheat
side	Caesar Salad			Tossed Salad	Caesar Salad	Vinaigrette Coleslaw	Mixed Green Salad
Entrée 2	Honey Garlic Chicken Wings	Black Forest Ham Lettuce Tomato Maple Aioli	Beef Skewers On Fried Rice	Roasted Vegetable & Feta Quiche	Poutine with Topping	Crispy Filo Crusted Shrimp on Spinach & Mandarin Salad	Perogies with Bacon Fried Onion Sour Cream
Side	Fried Rice	* Apple Pecan Salad		Tossed Salad		Dinner Roll	Mixed Green Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	* Heirloom Tomato Salad	* Broccoli Bacon & Cheddar Salad	Pretzel & Mustard	Smoke Duck Citrus Salad	* Chickpea Salad	* Tomato Cucumber & Red Onion Salad	* Shrimp and Avocado Salad
Entrée 1	Beef Meatloaf	Chicken Ginger	Braised Lamb Leg au Jus	Veal Saltimbocca	Shrimp & Vegetable Stir Fry	Turkey Pot Pie	Sweet & Sour Pork
Side	Mashed Potatoes	Steamed Rice	Chive Mashed Potatoes	Risotto	Steamed Rice	Scalloped Potatoes	Mashed Potatoes
Entrée 2	Pan Fried Sole Filet with Tarragon Brown Butter	Slow Roasted Pork Loin with Apricot & Thyme Sauce	Fish n' Chips Tartar Sauce	Pork Chops Italiano	* Curried Chicken & Chickpea Stew on Rice	Teriyaki Beef & Broccoli	Roast Chicken & gravy
Side	Mashed Potatoes	Scalloped Potatoes	French Fries	Risotto	Mini Roasted Red Potatoes	Steamed Rice	Mashed Potatoes
Vegetable	Carrot Coins	* Corn Beet & Pea Medley	Brussels Sprouts	*Cauliflower	Sugar Snap Peas	Roasted Zucchini	Baby Carrots
Vegetable	Sauteed Bok Choy	-	Sauteed Red Peppers	* Seasoned Broccoli	* Yellow Beets	Buttered Corn	French Green Beans
Dessert	Fruit Cobbler	German Chocolate Cake	Lemon Streusel Cake	Tiramisu	Black Cherry Ice Cream	Greek Style Donuts Lavender Ice Cream	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