

Nov 27-
Dec 3



Lunch

Week 2	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1	Saturday 1	Sunday 3
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	All Dressed Nathan's Hot Dog	* Smoked Salmon Red Onion Caper Aioli on Light Rye	Canadian Club Sandwich	Black Forest Ham Sandwich Lettuce, Tomato & Dijon Mayonnaise	Kale Crunch Power Bowl	Seafood Melt on English Muffin	Smoked Turkey Sandwich with Guacamole Lettuce Tomato
side	Caesar Salad	* Purple Cabbage & Apple Slaw	French Fries	* Beet & Onion Salad	Multigrain Bread	Potato salad	Garden Salad
Entrée 2	Four Cheese Ravioli Marinara Sauce	Winter Turkey Salad	Beef Burger Lettuce Tomato Onion Pickle	* Poached Eggs on Corned Beef Hash	Fish & Chips Coleslaw Tartar Sauce	French Beef Dip Sandwich	* Spinach & Mushroom Quiche
Side	Caesar Salad	Multigrain Bread	French Fries	* Tomato Slices		Potato salad	Garden Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Miniature Beef Wellington	Egg Roll with Plum Sauce	* Smoked Salmon Mousse	Arancini - Risotto Bites	Tossed Salad	Fried Dumplings with Plum Sauce	Red & Green Cabbage Salad
Entrée 1	Chicken a L'Orange	Spaghetti & Meatballs	Roasted Rack of Lamb	Turkey Schnitzel	Shrimps Provencale	Oven Roasted Pork Tenderloin with Caramelized Onion & Dijon Gravy	Roast Beef Striploin au Jus
Side	Mashed Potatoes	Garlic Bread & Caesar Salad	Roasted Sweet Potatoes	Mini Roasted Red Potatoes	Risotto	O'Brien Potatoes	Mashed Potatoes
Entrée 2	Panko Crusted Perch Filet Topped with Dill & Shaved Cucumber	Maple Mustard Glazed Pork Loin	Haddock with Pimento Hollandaise Sauce	Salisbury Steak Mushroom Gravy	Cabbage Rolls Marinara Sauce	Shepherds Pie	Roasted Garlic & Rosemary Chicken Thighs
Side	Mashed Potatoes	Steamed Rice	Roasted Sweet Potatoes	Mini Roasted Red Potatoes		O'Brien Potatoes	Mashed Potatoes
Vegetable	Yellow Waxed Beans	Sauteed Bok Choy	Braised Red Cabbage	Seasoned Peas	* Broccoli	Roasted Candied Carrots	* Seasoned Beets
Vegetable	* Seasoned Broccoli	Buttered Corn	* Green Beans Almondine	* Parslied Cauliflower	Sauteed Red & Yellow Peppers	Zucchini	Key West Vegetables
Dessert	Carrot Cake	* Pecan Pie	Orange Cake with Frosting	Lemon Meringue Pie	Vanilla Swirl Cake	Tuxedo Truffle Mousse Cake	* Pumpkin Pie

* 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