

Dec 4- 10



Lunch

Week 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Sunday 10
Soup	* Cream of Broccoli	Chicken Noodle	Beef Vegetable	* Cream of Cauliflower	Corn Chowder	Mulligatawny Soup	Please see the Christmas Brunch Menu
Entrée 1	Chef Salad with Ham, Turkey, Tomato, Boiled Egg, & Cheese	Roast Beef Swiss Cheese Lettuce Tomato Chipotle Aioli	Deli Panini	Chicken Melt on English Muffin	Crab Salad on Croissant	* Roast Beef Tomato & Baby Arugula Sandwich	Christmas Brunch
side	Dinner Roll	French Fries	Greek Salad	Mixed Green Salad	Tomato and Cucumber Salad	Tossed Salad	
Entrée 2	BLT Sandwich	Hawaiian Pizza	Bacon Macaroni & Cheese Garlic Bread	Mediterranean Salad Pearl Barley, Roasted Vegetables, Feta Cheese	Perogies with Bacon Fried Onion Sour Cream	Ham and Pea Penne	Christmas Brunch
Side	House Salad	Caesar Salad	Dinner Roll	Pita	Tomato and Cucumber Salad	Tossed Salad	
Dessert	Date Square	Apple Crumble	Mocca Mousse Cake	Assorted Desserts	Nanaimo bar	Cinnamon Roll	Christmas Brunch

DINNER

Appetizer	Spring Greens Strawberry Goat Cheese Salad	* Broccoli Salad	* Beet & Onion Salad	Please see Menu for Living Loving Local Cranberry	House Salad	* Veggie Sticks & Hummus	Carrot Ginger & Coconut
Entrée 1	Beef Goulash	Braised Chicken Leg With Cider & Apple	Maple Orange Glazed Salmon	Living Loving Local Cranberry	Four Cheese Ravioli & Spinach in Marinara Sauce	BBQ Baby Back Ribs	Chicken Fingers & Fries Plum Sauce
Side	Whipped Potatoes	Mashed Potatoes			Baked Potato & Sour Cream	Potato Wedges	
Entrée 2	Mediterranean Baked Cod Loin	Braised Beef Ravioli Marinara	Pan Fried Sole Filet with Tarragon Brown Butter	Living Loving Local Cranberry	Potato & Chive Crusted Cod with Remoulade Sauce	* Spinach And Ricotta Cannelloni	Mushroom Frittata
Side	Brown Rice	Garlic Bread & Caesar Salad	Mini Potato Balls		Baked Potato & Sour Cream	Chef's Salad & Garlic Bread	Garden Salad
Vegetable	Diced Carrots	Braised Red Cabbage	* Seasoned Broccoli		Buttered Corn	Sauteed Swiss Chard	.
Vegetable	Sugar Snap Peas	Brussels Sprouts	Sauteed Red & Yellow Peppers		Zucchini	* Stuffed Tomato	.
Dessert	English Trifle	Tuxido Mousse Cake	Panettone Christmas Cake	Living Loving Local Cranberry	Warm Bread Pudding	Chef Baked Good	Assorted Desserts

* 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