

Dec 11- 17



Lunch



Week 4	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17
Soup	* Ancho Pumpkin	* Tomato Kale	New England Clam Chowder	* Cream of Broccoli	Hungarian Mushroom	Coconut Black Bean	Beef Barley
Entrée 1	Pastrami on Rye with Grainy Mustard Aioli	Open Face Hot Turkey Sandwich With French Fries & Green Peas	* Tuna Salad on Multigrain	* Egg Salad Sandwich	Crispy Chicken Sandwich on a Bun Lettuce, Tomato & Cajun Mayonnaise	Fish Taco Guacamole Rainbow Slaw & Cilantro Cream	Cobb Salad Turkey Bacon Egg Avocado Tomato Blue Cheese
side	Mixed Green Salad		Greek Salad	* Spinach Salad	Tomato and Cucumber Salad	Tossed Salad	Caesar Salad
Entrée 2	Fresh Fruit & Cottage Cheese Plate with a Buttermilk Biscuit	Smoked Salmon Plate	Belgian Waffles & Sausage Link	* Chili con Carne Cornbread Muffin	Perogies with Bacon & Sour Cream	Roasted Vegetable & Feta Quiche	Grilled Cubano Sandwich Roast Pork, Ham, Swiss Cheese, Pickle
Side		Potato salad	Greek Salad	* Spinach Salad		Tossed Salad	Hashbrowns & Fresh Fruit
Dessert	Chef Baked Good	Chef Baked Good	Chef Baked Good	Chef Baked Good	Chef Baked Good	Chef Baked Good	Chef Baked Good

DINNER

Appetizer	* Spinach Salad	Salad Caprese	Carrot Pineapple Raisin Salad	Mini Spring Rolls Plum Sauce	Cheese & Fruits Plate	Shrimp with Cocktail Sauce	* Bruschetta
Entrée 1	Butter Chicken Naan Bread	Pork Goulash	Chicken Thighs Adobo	Cabbage Rolls Marinara Sauce	Chicken Breast Marsala	Mild Spiced Jerk Pork Tenderloin	Honey Garlic Glazed Ham
Side	Basmati Rice	Brown Rice	Steamed Rice	Lemon & Oregano Potato	Lyonnais Potatoes	Pearl Barley	Scalloped Potatoes
Entrée 2	Catch of the Day	Spaghetti & Meatballs	Lemon Pepper Cod Loin with Chive Cream Sauce	Turkey Schnitzel	Tilapia Filet Niçoise	Cabbage Rolls Marinara Sauce	Chicken Cordon Bleu
Side	Whipped Potatoes	Garlic Bread	Mashed Potatoes	Lemon & Oregano Potato	Lyonnais Potatoes	Pearl Barley	Scalloped Potatoes
Vegetable	Sweet Corn	* Green Beans Almondine	Brussels Sprouts	Roasted Beets	Sugar Snap Peas	Zucchini	Baby Carrots
Vegetable	Diced Carrots	* Seasoned Beets	Roasted Beets	* Broccoli	* Yellow Beets	Baked Squash	French Green Beans
Dessert	Chef Baked Good	Chef Baked Good	Chef Baked Good	Chef Baked Good	Chef Baked Good	Chef Baked Good	Chef Baked Good

* 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