

May 6 -
May 12



Lunch

Week 3	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
Soup	Potato and Leek Soup	Country Vegetable Soup	French Lentil Soup	Tomato and Basil So	Beef and Vegetable Soup	Mulligatawny Soup	
Entrée 1	Turkey, Quinoa and Black Bean Bowl and Lime Cilantro Yogurt	Creamy Macaroni and Cheese	Crispy Chicken on Caesar Salad	BLT Sandwich	Fish and Chips	BBQ Beef, Swiss and Pickled Red Onions on a Bun	
side	Dinner Roll	Garlic Bread	Multigrain Dinner Roll	Tossed Salad	Coleslaw and Tartar Sauce	Home Fried Potatoes	
Entrée 2	Roast Beef with Horseradish Aioli Sandwich	Pulled Pork on Kaiser Bun	Vegetarian Chili	Roast Beef on Grilled Vegetable Salad and Chipotle Aioli	Grilled Portobello Mushroom and Swiss Sandwich	Turkey Melt	
Side	House Salad	Coleslaw	Garlic Bread	Dinner Roll	Mixed Green Salad		
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	

Dinner

Appetizer	Spring Greens, Strawberry and Goat Cheese Salad	Chickpea Salad	Beets and Onion Salad	Spanakopita with Tzatziki Sauce	House Salad	Artichoke Salad	Carrot, Coconut and Ginger Soup
Entrée 1	Mushroom Ravioli, Sundried Tomato, Spinach and Almond	Beef Steak Pie	English Banger, Fried Onions and Gravy	Beef Meatloaf	BBQ Baby Back Ribs	Beef Stroganoff	Tuna Salad Sandwich
Side	Garlic Bread	Parslied Boiled Potatoes	Mashed Potatoes	Greek Lemon Potatoes	Chive Mashed Potatoes	Egg Noodles	Mixed Green Salad
Entrée 2	Sweet and Sour Pork	Chicken Thigh Marbella Stewed with Apricot, Prunes and Raisin	Citrus and Herb Cod with Peach Salsa	Chicken Souvlaki with Tzatziki Sauce	Baked Cod with Artichoke and Sundried Tomato Ragu	Mildly Spiced Chipotle Lime Turkey Breast with Guacamole	Poached Egg on Tomato, Green Beans and Bocconcini Salad
Side	Rice Pilaf	Parslied Boiled Potatoes	Roasted Sweet Potatoes	Greek Lemon Potatoes	Chive Mashed Potatoes	Spanish Rice	Garlic Bread
Vegetable	Diced Carrots	Braised Red Cabbage	Seasoned Broccoli	Zucchini	Buttered Corn	Sauteed Swiss Chard	
Vegetable	Sugar Snap Peas	Asparagus	Baby Carrots	Sauteed Red Peppers	Broccolini	Stuffed Tomato	
Dessert	Lemon Streusel Cake	Apple Brown Betty	Coconut Custard Pie	Greek Honey Yogurt Cake	Peach Cobbler	Churros and Ice Cream	Assorted Desserts

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local

Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea