

Weekly Menu Week 1



**Lunch**

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Potato Leek	Caramelized Onion Soup	Chicken Rice	Broccoli Cheddar soup	New England Clam Chowder	Mulligatawny Soup	Chefs Choice
Entrée 1	Baby Shrimp Salad on Croissant	Fresh Fruit Plate with Cottage Cheese & Fresh Baked Muffin	Chicken Souvlaki Tzatziki Pita Bread	BLT Sandwich	Reuben Sandwich on Rye with Pickle Wedge	* Egg Salad Sandwich	Lobster Roll on Soft Potato Bun
side	* Tomato Slices		Greek Salad	Tossed Salad	Mixed Green Salad	Vinaigrette Coleslaw	Potato Salad
Entrée 2	Honey Garlic Chicken Wings	Black Forest Ham Lettuce Tomato Maple Aioli	Salami, Roasted Peppers, Arugula, Pesto Mayo on a Bun	Bacon Cheddar Mushroom Crustless Quiche	Perogies with Bacon Fried Onion Sour Cream	Crispy Filo Crusted Shrimp on Spinach & Mandarin Salad	Scrambled Egg with Bacon
Side	Homefried Potatoes	* Apple Pecan Salad	Greek Salad	Tossed Salad	Mixed Green Salad	Dinner Roll	Hashbrowns & Fresh Fruit
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

**DINNER**

Appetizer	House Salad	Yam Tempura	Sausage roll	Calamari	* Chickpea Salad	* Tomato Cucumber & Red Onion Salad	Bacon Wrapped Scallops
Entrée 1	Beef Pot Roast with Pan Sauce	Penne Bolognese	Lamb Meatballs Green Peppercorn Cream Sauce	Veal Marsala	Salmon Pinwheels	Chicken Cacciatore	Brown Sugar, Orange & 5-Spice Glazed Ham
Side	Mashed Potatoes	Garlic Bread & Caesar Salad	Baked Potato	Risotto	Mini Roasted Red Potatoes	Steamed Rice	Scalloped Potatoes
Entrée 2	BBQ Pork Shanks	Sole Viennoise Tartar Sauce	Honey Dijon Chicken Breast	Slow Roast Pork Butt au Jus	Portuguese Roast Chicken Thigh	Teriyaki Beef & Broccoli	Pesto Crusted Basa Filet Topped with Bruschetta Tomatoes
Side	Mashed Potatoes	Steamed Rice	Baked Potato	Risotto	Mini Roasted Red Potatoes	Steamed Rice	Scalloped Potatoes
Vegetable	Carrot Coins	* Corn Beet & Pea Medley	Brussels Sprouts	*Cauliflower	Roasted Zucchini	* Broccoli	Roasted Carrots
Vegetable	Beets	-	Peas & Carrots	* Seasoned Broccoli	* Yellow Beets	Buttered Corn	French Green Beans
Dessert	Fruit Cobbler	Date Square	Vanilla Caramel Swirl Cake	Strawberry Shortcake	Black Cherry Ice Cream	Salted Caramel Pretzel Brownie	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