



Lunch

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Tortellini Soup	Chicken Noodle	Beef Vegetable	* Cream of Cauliflower	Corn Chowder	Eggplant Parmesan Soup	Chefs Choice
Entrée 1	Chef Salad with Ham, Turkey, Tomato, Boiled Egg, & Cheese	Roast Beef Swiss Cheese Lettuce Tomato Chipotle Aioli	Buffalo Chicken Burger	Chicken Melt on English Muffin	Crab Salad on Croissant	Turkey Club	Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce
side	Dinner Roll	Potato Salad	French Fries	Creamy Coleslaw	Tomato and Cucumber Salad	Cucumber Dill Salad	Garden Salad
Entrée 2	Grilled Cheese & Tomato Sandwich	Tempura Shrimp on Warm Quinoa Salad	Tuna Casserole	Mediterranean Salad Pearl Barley, Roasted Vegetables, Feta Cheese	Baked Beans & Wieners	Pepperoni Pizza	Sausage Link & Pancakes
Side	House Salad	Scone	* Tomato Slices	Dinner Roll	Tomato and Cucumber Salad	Cucumber Dill Salad	Fresh Fruit Cup
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Spring Greens Strawberry Goat Cheese Salad	* Broccoli Salad	Cauliflower Bites	Asian Noodle Salad	House Salad	* Sweet & Sour Bean Salad	* Spanakopita with Tzatziki Sauce
Entrée 1	Beef Goulash	Braised Chicken Leg With Cider & Apple	Beef Stroganoff on Egg Noodles	Shrimp & Vegetable Stir Fry	Lebanese Roasted Chicken Thigh with Lemon Herb Sauce	BBQ Baby Back Ribs	* Chicken Stuffed with Broccoli and Cheddar
Side	Whipped Potatoes	Mashed Potatoes		Brown Rice	Stuffed Baked Potato	Potato Wedges	Garlic Mashed Potatoes
Entrée 2	Sweet & Sour Pork	Tuscan Vegetarian Lasagna	Crab Cakes Pineapple Salsa	Veal Cutlet with Artichoke and Mushrooms	Potato & Chive Crusted Cod with Remoulade Sauce	* Spinach And Ricotta Cannelloni	Maple Orange Glazed Salmon
Side	Rice Pilaf	Caesar Salad	Basmati Rice	Brown Rice	Stuffed Baked Potato	Garlic Bread	Roasted Garlic Mashed Potatoes
Vegetable	Diced Carrots	Baked Squash	Baby Carrots	Stir Fry Vegetables	* Cauliflower	Sauteed Swiss Chard	* Seasoned Broccoli
Vegetable	Green Beans	Brussels Sprouts	Buttered Corn	0	Roasted Carrots	Balsamic Soy Glazed Mushrooms	French Green Beans
Dessert	Date Square	German Chocolate Cake	Tiramisu	Assorted Pies	Banana Bread Pudding	Black Forest Cake	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