



## Lunch

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Hearty Scotch Broth	Chicken Wild Rice	Tortellini Soup	* Butternut Squash Soup	Vegetarian Borscht	* Minestrone Soup	Sweet Potato Soup
Entrée 1	Mushroom Frittata	Beef Burger Lettuce Tomato Onion Pickle	Sante Fe Chicken Salad Bowl Black Bean Corn Avocado Tomato	Grilled Cheese Sandwich	Pasta Salad with Itaian Sausage Tomato & Arugula	* Egg Salad Sandwich	* Tuna Melt on English Muffin
side	* Scalloped Tomatoes	Homefried Potatoes	Dinner Roll	Potato Salad	Garlic Bread	* Spinach Salad	Veggie Sticks
Entrée 2	Turkey Mango Cashew Green Chickpeas on Mesclun Greens	Grilled Cubano Sandwich	Pastrami on Rye with Grainy Mustard Aioli	Chicken Fingers & Plum Sauce	Crab Salad on Croissant	Perogies with Bacon & Sour Cream	* Eggs Benedict
Side	Dinner Roll	Homefried Potatoes	Garden Salad	French Fries	* Marinated Cucumber & Tomato Salad	* Spinach Salad	Homefried Potatoes & Fresh Fruit
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

## Dinner

Appetizer	Spring Greens with Strawberries and Goat	Soup of the day	* Smoked Salmon wrapped Asparagus	Soup of the day	Veggie Sticks & Dip	Soup of the day	Pineapple Coleslaw
Entrée 1	Beef Meatloaf	Four Cheese Ravioli Marinara Sauce	Spaghetti & Meatballs Garlic Bread	BBQ Pork Shanks	Fish n' Chips Tartar Sauce	Pork Picatta with Lemon Caper Sauce	Pan Fried Beef Liver Bacon Fried Onions
Side	Roasted Potatoes	House Salad	—	Mini Roasted Red Potatoes	Mushy Peas	O'Brien Potatoes	Chive Mashed Potatoes
Entrée 2	Baked Haddock & Coconut Curry Shrimp	Texas Slow Roast Pork Butt au Jus	Pesto Crusted Chicken Breast with Tomato Basil Sauce	Shrimp Brouchette Chive Beurre Blanc	Morrocان Inspired Beef & Chickpea Ragù	Creamy Dijon Chicken Breast	Fish Cake Remoulade Sauce
Side	Steamed Rice	Mashed Potatoes	Roasted Sweet Potatoes	Mini Roasted Red Potatoes		O'Brien Potatoes	Mashed Potatoes
Vegetable	Yellow Waxed Beans	Braised Red Cabbage	Asparagus	* Broccoli		Roasted Candied Carrots	* Seasoned Beets
Vegetable	* Seasoned Broccoli	*Cauliflower	Sauteed Onions	Pattypan Squash	Sauteed Red & Yellow Peppers	Seasoned Peas	Buttered Corn
Dessert	Raspberry Cheesecake	Orange Cake with Frosting	Lemonicious Bar	Coconut Custard Pie	* Apple Strudel	Carrot Cake	Nanaimo bar

\* Menu item contains a Superfood.



Choose Superfoods more often for optimal health