



Lunch

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Potato Leek	Beef Vegetable	* French Lentil Soup	* Tomato Basil Soup	Cream of Vegetable	Mulligatawny Soup	Carrot Ginger & Coconut
Entrée 1	Turkey, Quinoa, & Black Bean Bowl with Lime Cilantro Yogurt	Creamy Macaroni and Cheese Garlic Bread	Crispy Chicken Caesar Salad	* BLT Sandwich	Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce	* Egg Salad Sandwich	* Tuna Salad Sandwich
side	Pita	Cucumber Dill Salad	Dinner Roll	Tossed Salad	Creamy Coleslaw	Caesar Salad	Mixed Green Salad
Entrée 2	Roast Beef Sandwich with Horseradish Aioli	Pulled Pork & Slaw on a Kaiser	* Vegetarian Chili	Roast Beef on Grilled Vegetable Salad Chipotle Aioli	Iceberg Wedge Cobb Salad	Perogies with Bacon & Sour Cream	Poached Eggs, Hollandaise, Bacon Mushrooms & Gnocchi
Side	House Salad	Cucumber Dill Salad	French Fries	Dinner Roll	Garlic Bread	Caesar Salad	Mixed Green Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

Dinner

Appetizer	* Spanokopita with Tzatziki Sauce	Soup of the day	Coconut Shrimp Mango Salsa	Soup of the day	House Salad	Soup of the day	Mini Spring Rolls Plum Sauce
Entrée 1	Beef Steak Pie	Mushroom Ravioli Sundried Tomato Spinach Almonds	Beef Meatloaf	Baked Cod Stuffed with Artichokes with Sundried Tomato Cream	Memphis BBQ Baby Back Ribs	Beef Stroganoff	Roast Turkey with Stuffing, Cranberry Sauce, & Gravy
Side	Garlic Bread & Caesar Salad	Garlic Bread & Caesar Salad	Mashed Potatoes	Greek Lemon Potato	Chive Mashed Potatoes	Herbed Egg noodles	Chive Mashed Potatoes
Entrée 2	Sweet & Sour Pork	Chicken Okanagan, Poached Pear, Walnuts, Brie & Pepercorn cream	Pan Fried Sole Tarragon Brown Butter	Chicken Souvlaki with Tzatziki Sauce	Roasted Mediterranean Vegetable Penne with Rose Sauce	Tuscan Roast Pork Loin	* Pan Roasted Atlantic Salmon Filet with a Lemon-Dill Yogurt
Side	Rice Pilaf	Parslied Boiled Potatoes	Roasted Sweet Potatoes	Greek Lemon Potato	-	Herbed Egg noodles	Whipped Potatoes
Vegetable	Diced Carrots	Braised Red Cabbage	* Seasoned Broccoli	Zucchini	Buttered Corn	Sauteed Swiss Chard	Baked Squash
Vegetable	Seasoned Peas	Asparagus	Baby Carrots	Sauteed Red Peppers	Broccolini	* Stuffed Tomato	French Green Beans
Dessert	Date Square	Banana Cake	Pineapple Upsidedown Cake	Warm Honey, Walnut & Cinnamon Bread Pudding	Tiramisu	Cherry Cheesecake	* Apple Pie

* 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