



### Lunch

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	* Potato Apple Carrot Soup	Chicken Noodle	New England Clam Chowder	* Tomato Basil Soup	* Cream of Cauliflower	Country Vegetable	Beef Vegetable
Entrée 1	Ham And Swiss Hot Croissant	Beef Fajita Sour Cream and Salsa	Canadian Club Sandwich	* Salmon Salad Sandwich	BLT Turkey Salad	* Egg Salad Sandwich	Smoked Salmon Croissant with Chive Cream Cheese
side	Sweet Potato Fries	* Apple Pecan Salad	Caesar Salad	Citrus Pasta Salad	Dinner Roll	* Spinach Mandarin Orange Salad	Caesar Salad
Entrée 2	Fresh Fruit Plate with Cottage Cheese & Baked Scone	Crab Mac & Cheese	Quiche Lorraine Bacon Onion Swiss Cheese	Beef Burger Lettuce Tomato Onion Pickle	Fish & Chips Coleslaw Tartar Sauce	Perogies with Bacon & Sour Cream	Vegetarian Pizza
Side	–	* Apple Pecan Salad	Caesar Salad	Potato Salad	–	* Spinach Mandarin Orange Salad	Caesar Salad
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	* Chickpea Salad	Soup of the day	* Bruschetta	Soup of the day	* Spinach Salad
Entrée 1	Shrimp & Vegetable Stir Fry	Baked Sole Stuffed with Lobster Cardinal Sauce	Shepherds Pie	Pork Picatta with Lemon Caper Sauce	Roast Beef au Jus with Yorkshire Pudding	Porchetta with Apple and Bacon Relish	Turkey & Sundried Tomato Sausage
Side	Basmati Rice	Parslied Boiled Potatoes	–	Scalloped Potatoes	Roast Garlic Mashed Potatoes	Roasted Sweet Potatoes	Chive Mashed Potatoes
Entrée 2	Butter Chicken Naan Bread	Pork Medallion Peach and Mango Chutney	Honey Lime Chicken Thighs	Rosemary Roast Lamb	Fish Cake Remoulade Sauce	Chicken Karaage Thighs	Texas Style Slow Roast Beef Brisket
Side	Basmati Rice	Parslied Boiled Potatoes	Mashed Potatoes	Scalloped Potatoes	Roast Garlic Mashed Potatoes	Roasted Sweet Potatoes	Mashed Potatoes
Vegetable	Sauteed Bok Choy	Sweet Corn	Asparagus	Carrot Coins	Sugar Snap Peas	Zucchini	Baby Carrots
Vegetable	Diced Carrots	Roasted Beets	Sauteed Red Peppers	* Broccoli	* Yellow Beets	Baked Squash	French Green Beans
Dessert	* Blueberry Pie	Tuxedo Truffle Mousse Cake	German Chocolate Cake	* Peach Melba	* Cherry Pie	Panna Cotta wiuth Seasonal Fruit	Pecan Streusel Cake

\* 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