



## LUNCH

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	* Minestrone Soup	Carrot Coconut	Hearty Scotch Broth	* Tomato Bisque	Potato Leek	Country Vegetable	Sweet Potato Soup
Entrée 1	All Dressed Nathan's Hot Dog	* Smoked Salmon Red Onion Caper Aioli on Marble Rye	Canadian Club Sandwich	Black Forest Ham Sandwich Lettuce, Tomato & Dijon Mayonnaise	Kale Crunch Power Bowl	Seafood Melt on English Muffin	Smoked Turkey Sandwich with Guacamole Lettuce Tomato
side	Potato Salad	Garden Salad	French Fries	* Beet & Onion Salad	Dinner Roll	Garden Salad	Homefried Potatoes
Entrée 2	Four Cheese Ravioli Marinara Sauce	winter Turkey Salad, Pumpkin Seeds, Cranberries, Kale, Gooseberries, Red Onion	Beef Burger Lettuce, Tomato, Onion, Pickle	* Poached Eggs on Corned Beef Hash	Fish & Chips Coleslaw Tartar Sauce	French Beef Dip Sandwich	* Spinach & Mushroom Quiche
Side	Caesar Salad	Dinner Roll	French Fries	* Tomato Slices	-	Garden Salad	Homefried Potatoes
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

## DINNER

Appetizer	Sausage roll	Chef Choice Soup	* Smoked Salmon Mousse on cucumber Slices	Tossed Salad	Tossed Salad	Chef Choice Soup	* Waldorf Salad
Entrée 1	Chicken a L'Orange	Penne Bolognese	Braised Boneless Beef Short Ribs	Roasted Tilapia Filet with	Roasted Tilapia Filet with Tarragon Butter	Oven Roasted Pork Tenderloin with Caramelized Onion & Dijon Gravy	Roast Beef with Yorkshire Pudding & Gravy
Side	Mashed Potatoes	Garlic Bread & Caesar Salad	Mini Roasted Red Potatoes	Roasted Sweet Sweet Potatoes	Wild Rice Pilaf	O'Brien Potatoes	Mashed Potatoes
Entrée 2	Pork & Black Bean Stew	Ginger & Soy Glazed Cod Loin	Maple Mustard Glazed Pork Loin	Lemon & Garlic Shrimp with Dill Butter Sauce	Shepherd's Pie	Lamb Pot Pie	Panko Crusted Perch Filet Topped with Dill & Shaved Cucumber
Side	-	Steamed Rice	Mini Roasted Red Potatoes	Roasted Sweet Potatoes	-	O'Brien Potatoes	Mashed Potatoes
Vegetable	Buttered Corn	Yellow Waxed Beans	Braised Red Cabbage	Seasoned Peas	* Broccoli	Roasted Candied Carrots	* Ratatouille
Vegetable	Parsnips	* Seasoned Broccoli	* Green Beans Almondine	* Parslied Cauliflower	Sauteed Red & Yellow Peppers	Zucchini	-
Dessert	Carrot Cake	* Pecan Pie	Orange Cake with Frosting	Lemon Meringue Pie	Vanilla Swirl Cake	Tuxedo Truffle Mousse Cake	* Pumpkin Pie

\* 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



### Lunch

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	* Cream of Broccoli	Chicken Noodle	Beef Vegetable	* Cream of Cauliflower	Corn Chowder	Mulligatawny Soup	Carrot Ginger & Coconut
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	#REF!	* Roast Beef Tomato & Baby Arugula Sandwich	Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce
side	Dinner Roll	French Fries	Caesar Salad	Sweet Potato Fries	Tomato and Cucumber Salad	Artichoke Salad	Garden Salad
Entrée 2	BLT Sandwich	Tempura Shrimp on Warm Quinoa Salad	Bacon Macaroni & Cheese Garlic Bread	Mediterranean Salad Pearl Barley, Roasted Vegetables, Feta Cheese	Baked Beans & Wieners	#REF!	Poached Eggs on Tomato Avocado Hash
Side	House Salad	-	Caesar Salad	Pita	Tomato and Cucumber Salad	Artichoke Salad	Whole Wheat Toast
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

### DINNER

Appetizer	Spring Greens Strawberry Goat Cheese Salad	Chef Choice Soup	* Beet & Onion Salad	Chef Choice Soup	Asian Noodle Salad	Chef Choice Soup	* Spanakopita with Tzatziki Sauce
Entrée 1	Beef Goulash	Lebanese Roasted Chicken Thigh with Lemon Herb Sauce	Breaded Beef Liver with Gravy, Sautéed Bacon & Onions	Shrimp & Vegetable Stir Fry	Braised Chicken Leg With Cider & Apple	BBQ Baby Back Ribs	* Roast Turkey with Traditional Dressing Cranberry Sauce & Gravy
Side	Steamed Rice	Lemon & Parsley Couscous	Parmentiere Potatoes	Chow Mein Noodles	Wild Rice Pilaf	Potato Wedges	Garlic Mashed Potatoes
Entrée 2	Sweet & Sour Pork	Tuscan Vegetarian Lasagna	Pan Fried Sole Filet with Tarragon Brown Butter	Veal Cutlet with Artichoke and Mushrooms	Potato & Chive Crusted Cod with Remoulade Sauce	Cheese Ravioli w/ Florentine Rose Sauce	Maple Orange Glazed Salmon
Side	Steamed Rice	Garlic Bread & Caesar Salad	Parmentiere Potatoes	Mini Roasted Red Potatoes	Wild Rice Pilaf	Chef's Salad & Garlic Bread	Roasted Garlic Mashed Potatoes
Vegetable	Diced Carrots	* Seasoned Broccoli	Braised Red Cabbage	Roasted Carrots	Buttered Corn	Sauteed Swiss Chard	Baked Squash
Vegetable	Sugar Snap Peas	Sauteed Red & Yellow Peppers	French Green Beans	Seasoned Peas	Zucchini	* Stuffed Tomato	Brussels Sprouts
Dessert	Date Square	Dark Chocolate & Mint Panna Cotta	Tiramisu	Pear Cobbler	Crème Caramel	Black Forest Cake	* Apple Pie

\* Menu item contains a Superfood.



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