

Lunch

Week 4	Sun Mar 26, 2023	Mon Mar 27, 2023	Tue Mar 28, 2023	Wed Mar 29, 2023	Thur Mar 30, 2023	Fri Mar 31, 2023	Sat Apr 1, 2023
Soup	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day
Entrée 1	Corn Beef Hash w/ Poached Egg	Taste of Cuba	Perogies	Fish Fingers	A Taste of Mexico	Beef Sausage Roll	Cheese Strudel w/ Egg Onion & Bacon
Side	Watermelon	Pasta Salad	Sausages	Coleslaw		Baked Beans	Garden Salad
Entrée 2	Turkey & Celery Sandwich	Avocado & Crab Salad	Tuna Salad Sandwich	Cheese Blintz w/ Strawberry Sauce	Jamaican Patties	Butter Chicken Tacos	Grilled Cheese w/ Tomato
Side	Apple & Raisin Slaw	Bistro Bun	Marinated Vegetable Salad	Tossed Salad	Tossed Salad	Onion Rings	Potato Wedges
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
Dinner							
Appetizer	Breaded Scallop w/ Seafood Sauce	Coleslaw	Chiffon Lettuce w/ Apple & Shrimp	Citrus Summer Salad	Greek Salad	Butter Lettuce Salad	Tossed Salad
Entrée 1	Roast Beef Baron w/ Yorkshire Pudding	Ginger Chicken	Pasta Night	Chicken Coq Au Vin	Grilled Duck Legs	Catch of the Day	Southern Style Fried Chicken
Side	Mashed Potatoes	Rice	Garlic Bread	Roasted Potatoes	Confit Potatoes	Mushroom Rice Pilaf	Boiled Potatoes
Entrée 2	A Taste of Barbados	Catch of the Day	A Taste of The Bahamas	A Taste of Turks & Caicos	BBQ Baby Back Ribs	English Bangers w/ Mashed Potatoes	Roast Pork Shoulders
Side	Polenta				Baked Potatoes	Mashed Potatoes	Boiled Potatoes
Vegetable	Asparagus	Romanesco	Baked Yam	Mexican Corn	Golden Beets	Herb Zucchini	Green Beans
Vegetable	Mix Vegetables	Butternut Squash	Cauliflower	Batton of Rutabaga	Peas a la Francaise	Carrot	Roasted Turnips
Dessert	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice

* Menu item contains a Superfood.



Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea



Living Loving Local

Choose Superfoods more often for optimal health - Apples, Avocado, Beans, Lentils, Beets, Blackberries, Bran, Oats, Broccoli, Cauliflower, Cherries, Cranberry, Eggs, Fatty Fish-Salmon, Nuts, Peaches, Raspberries, Spinach, Strawberries, Squash, Tomato & Yogurt

LUNCH



Sun Mar 26, 2023

Soup of the day

Soup of The Day

Entrée 1

Corn Beef Hash w/ Poached Egg

Side

Watermelon

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Entrée 2

Turkey & Celery Sandwich

Side

Apple & Raisin Slaw

Dessert

Assorted Desserts

fruit juice, fresh brewed coffee, assorted teas
full bar service available

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DINNER



Sun Mar 26, 2023

Appetizer

Breaded Scallop w/ Seafood Sauce

Entrée 1

Roast Beef Baron w/ Yorkshire Pudding

Entrée 2

A Taste of Barbados

~ ~ ~

Starch

Mashed Potatoes

Vegetables

Asparagus

Mix Vegetables

Dessert

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas
full bar service available

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LUNCH

Mon Mar 27, 2023

Soup of the day

Soup of The Day

Entrée 1

Taste of Cuba

Side

Pasta Salad

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## Entrée 2

*Pancakes*

## Side

*Bistro Bun*

## Dessert

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

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# DINNER

Mon Mar 27, 2023

## Appetizer

*Coleslaw*

## Entrée 1

*Ginger Chicken*

## Entrée 2

*Catch of the Day*

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Starch

0

Vegetables

Romanesco

Butternut Squash

Dessert

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas
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LUNCH



Tue Mar 28, 2023

Soup of the day

Soup of The Day

Entrée 1

Perogies

Side

Sausages

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## **Entrée 2**

*Tuna Salad Sandwich*

## **Side**

*Marinated Vegetable Salad*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

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# DINNER



**Tue Mar 28, 2023**

## **Appetizer**

*Chiffon Lettuce w/ Apple & Shrimp*

## **Entrée 1**

*Pasta Night*

## **Entrée 2**

*A Taste of The Bahamas*

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Starch

Garlic Bread

Vegetables

Baked Yam

Cauliflower

Dessert

Chef's Choice

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LUNCH



Wed Mar 29, 2023

Soup of the day

Soup of The Day

Entrée 1

Fish Fingers

Side

Coleslaw

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## **Entrée 2**

*Cheese Blintz w/ Strawberry Sauce*

## **Side**

*Tossed Salad*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

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# DINNER



**Wed Mar 29, 2023**

## **Appetizer**

*Citrus Summer Salad*

## **Entrée 1**

*Chicken Coq Au Vin*

## **Entrée 2**

*A Taste of Turks & Caicos*

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Starch

0

Vegetables

Mexican Corn

Batton of Rutabaga

Dessert

Chef's Choice

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LUNCH



Thur Mar 30, 2023

Soup of the Day

Soup of The Day

Entrée 1

A Taste of Mexico

Side

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## **Entrée 2**

*Jamaican Patties*

## **Side**

*Tossed Salad*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

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# DINNER



**Thur Mar 30, 2023**

## **Appetizer**

*Greek Salad*

## **Entrée 1**

*Grilled Duck Legs*

## **Entrée 2**

*BBQ Baby Back Ribs*

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## **Starch**

*Baked Potatoes*

## **Vegetables**

*Golden Beets*

*Peas a la Francaise*

## **Dessert**

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

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# LUNCH

**Fri Mar 31, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Beef Sausage Roll*

## **Side**

*Baked Beans*

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Entrée 2

Butter Chicken Tacos

Side

Onion Rings

Dessert

Assorted Desserts

fruit juice, fresh brewed coffee, assorted teas
full bar service available

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DINNER

Fri Mar 31, 2023

Appetizer

Butter Lettuce Salad

Entrée 1

Catch of the Day

Entrée 2

English Bangers w/ Mashed Potatoes

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## **Starch**

*Mashed Potatoes*

## **Vegetables**

*Herb Zucchini*

*Carrot*

## **Dessert**

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

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# LUNCH

**Sat Apr 1, 2023**

## Soup of the Day

*Soup of The Day*

## Entrée 1

*Cheese Strudel w/ Egg Onion & Bacon*

## Side

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Entrée 2

Grilled Cheese w/ Tomato

Side

Potato Wedges

Dessert

Assorted Desserts

fruit juice, fresh brewed coffee, assorted teas
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DINNER

Sat Apr 1, 2023

Appetizer

Tossed Salad

Entrée 1

Southern Style Fried Chicken

Entrée 2

Roast Pork Shoulders

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## Starch

*Boiled Potatoes*

## Vegetables

*Green Beans*

*Roasted Turnips*

## Dessert

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
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# ALTERNATIVE MENU



## LUNCH

### Build your own Caesar Salad

*Shrimp, Calamari, Chicken Breast*

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### Build your own Omelette

*Ham, Mushroom, Shrimp, Fresh Herbs, Cheese*

### Fresh Fruit Plate

With Cottage Cheese



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# ALTERNATIVE MENU



## LUNCH

### Build your own Caesar Salad

*Shrimp, Calamari, Chicken Breast*

~ ~ ~

### Build your own Omelette

*Ham, Mushroom, Shrimp, Fresh Herbs, Cheese*

### Fresh Fruit Plate

With Cottage Cheese



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