

**Lunch**

Week 2	Sun Apr 16, 2023	Mon Apr 17, 2023	Tue Apr 18, 2023	Wed Apr 19, 2023	Thur Apr 20, 2023	Fri Apr 21, 2023	Sat Apr 22, 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	Egg Benedict	Sloppy Joe Sandwich	Chocolate Chip Pancakes	Grilled Monte Cristo Sandwich	Poutine w/Meat Sauce	Tortellini w/Rose Vodka Sauce	Salmon Burger
Side	Smoked Salmon & Spinach	Tater Tots	Maple Sausage	French Fries	French Fries	Garlic Toast	Onion Rings
Entrée 2	Chicken Avocado Salad Sandwich	Salmon Salad Sandwich	Niçoise Salad	Tortellini w/Rose Sauce	Grilled Cheese Sandwich	Baked Quiche w/Tomato Aspic	Toasted Western Sandwich
Side	Apple & Raisin Slaw	Marinated Vegetables	Bistro Bun	Bistro Bun	Roasted Potatoes	Tossed Salad	Onion Rings
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
<b>Dinner</b>							
Appetizer	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Roast Turkey w/Cranberry Relish & Pan-Gravy	Pork Chops	Chicken Marengo	Beef Pot Pie	Beef Pot Roast w/Horse Raddish Sauce	Catch of the Day	Breaded Beef Liver
Side	Garlic Mashed Potato	Boiled Potatoes	Duchesse Potatoes	Lyonnaise Potatoes	Mashed Potato	Boiled Potatoes	Mashed Potatoes
Entrée 2	Beef Stir Fry w/Rice	Catch of the Day	Pasta Night	Catch of the Day	Chicken a La King on Pastry	Lamb Meatballs w/Green Peppercorn Cream Sauce	Chicken Cacciatore
Side	Rice	Boiled Potatoes	Garlic Bread	Lyonnaise Potatoes	Vol Au Vent	Boiled Potatoes	Mashed Potatoes
Vegetable	Baked Yams	Baby Carrots	Jardiniere & Root Vegetable	Broccoli	Buttered Parsnip	Cauliflower	Creamed Leek
Vegetable	Roasted Brussel Sprouts	Sauerkraut	French Cut Beans	Mexican Corn	Braised Red Cabbage	Green Peas	Peas & Carrots
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 &amp; Yogurt

# LUNCH



**Sun Apr 16, 2023**

## **Soup of the day**

*Soup of the Day*

## **Entrée 1**

*Brunch*

## **Side**

*Brunch*

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## **Entrée 2**

*Brunch*

## **Side**

*Brunch*

## **Dessert**

*Assorted Desserts*

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

**gs**gluten sensitive  
heart-smart **sf**super  
foods



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# DINNER



**Sun Apr 16, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Roast Turkey w/ Cranberry Relish & Pan-Gravy*

## **Entrée 2**

*Beef Stir Fry w/ Rice*

~ ~ ~

## **Starch**

*Rice*

## **Vegetables**

*Baked Yams*

*Roasted Brussel Sprouts*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Mon Apr 17, 2023**

## **Soup of the day**

*Soup of the Day*

## **Entrée 1**

*Sloppy Joe Sandwich*

## **Side**

*Tater Tots*

~ ~ ~

## **Entrée 2**

*Salmon Salad Sandwich*

## **Side**

*Marinated Vegetables*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
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# DINNER



**Mon Apr 17, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Pork Chops*

## **Entrée 2**

*Catch of the Day*

~ ~ ~

## **Starch**

*Boiled Potatoes*

## **Vegetables**

*Baby Carrots*

*Sauerkraut*

## **Dessert**

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
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# LUNCH



**Tue Apr 18, 2023**

## **Soup of the day**

*Soup of the Day*

## **Entrée 1**

*Chocolate Chip Pancakes*

## **Side**

*Maple Sausage*

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## **Entrée 2**

*Niçoise Salad*

## **Side**

*Bistro Bun*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
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# DINNER



**Tue Apr 18, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Chicken Marengo*

## **Entrée 2**

*Pasta Night*

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## **Starch**

*Roasted Potatoes*

## **Vegetables**

*Jardiniere & Root Vegetable*

*French Cut Beans*

## **Dessert**

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
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# LUNCH



**Wed Apr 19, 2023**

## **Soup of the day**

*Soup of the Day*

## **Entrée 1**

*Grilled Monte Cristo Sandwich*

## **Side**

*French Fries*

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## **Entrée 2**

*Tortellini w/ Rose Sauce*

## **Side**

*Bistro Bun*

## **Dessert**

*Assorted Desserts*

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# DINNER



**Wed Apr 19, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Beef Pot Pie*

## **Entrée 2**

*Catch of the Day*

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## **Starch**

*Lyonnaise Potatoes*

## **Vegetables**

*Broccoli*

*Mexican Corn*

## **Dessert**

*Chef's Choice*

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# LUNCH



**Thur Apr 20, 2023**

## **Soup of the Day**

*Soup of the Day*

## **Entrée 1**

*Poutine w/ Meat Sauce*

## **Side**

*French Fries*

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## **Entrée 2**

*Grilled Cheese Sandwich*

## **Side**

*Roasted Potatoes*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
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# DINNER



**Thur Apr 20, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Beef Pot Roast w/ Horse Raddish  
Sauce*

## **Entrée 2**

*Chicken a La King on Pastry*

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## **Starch**

*Vol Au Vent*

## **Vegetables**

*Buttered Parsnip  
Braised Red Cabbage*

## **Dessert**

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
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# LUNCH

**Fri Apr 21, 2023**

## **Soup of the day**

*Soup of the Day*

### **Entrée 1**

*Tortelini w/ Rose Vodka Sauce*

### **Side**

*Garlic Toast*

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### **Entrée 2**

*Baked Quiche w/ Tomato Aspic*

### **Side**

*Tossed Salad*

### **Dessert**

*Assorted Desserts*

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# DINNER

**Fri Apr 21, 2023**

## **Appetizer**

*Chef's Choice*

### **Entrée 1**

*Catch of the Day*

### **Entrée 2**

*Lamb Meatballs w/ Green Peppercorn*

*Cream Sauce*

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### **Starch**

*Boiled Potatoes*

### **Vegetables**

*Cauliflower*

*Green Peas*

### **Dessert**

*Chef's Choice*

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# LUNCH

**Sat Apr 22, 2023**

## Soup of the Day

*Soup of The Day*

### Entrée 1

*Salmon Burger*

### Side

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### Entrée 2

*Toasted Western Sandwich*

### Side

*Onion Rings*

### Dessert

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
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# DINNER

**Sat Apr 22, 2023**

## Appetizer

*Chef's Choice*

### Entrée 1

*Breaded Beef Liver*

### Entrée 2

*Chicken Cacciatore*

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### Starch

*Mashed Potatoes*

### Vegetables

*Creamed Leek*

*Peas & Carrots*

### 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*

~ ~ ~

### 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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