



Lunch

Week 1	Sun Apr 2, 2023	Mon Apr 3, 2023	Tue Apr 4, 2023	Wed Apr 5, 2023	Thur Apr 6, 2023	Fri Apr 7, 2023	Sat Apr 8, 2023
Soup	Cream of Squash	Chicken Curry Soup	Cream of Tomato	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day
Entrée 1	Smoked Salmon & Cream Cheese	Baked Macaroni & Cheese	Salmon Salad Sandwich	Hot Beef Dip	Sliced Turkey & Bacon on Light Rye	Egg Salad Sandwich	BLT Sandwich
Side	Toasted Bagel	Garlic Toast	Marinated Vegetables	French Fries	Vinaigrette Coleslaw	Pasta Salad	Potato Bites
Entrée 2	Sliced Black Forest Ham Sandwich	Montreal Smoked Meat Sandwich	Chicken & Mushroom in White Wine Mustard Sauce	Lobster Sensation	Fresh Fruit Plate	Crab Cakes	Oriental Salad
Side	Caesar Salad	Mixed Bean Salad	Tossed Salad	Potato Salad	Banana Loaf	Tossed Salad	Bistro Bun
Dessert	Watermelon	Whipped Jello	Lemon Bar	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

Dinner

Appetizer	Cheese Plate	Spring Rolls	Cottage Cheese w/ Pineapple	Bruschetta	 <p>Passover Dinner</p> 	Spinach Salad	Waldorf Salad
Entrée 1	Chicken Cordon Bleu	Grilled Ham Steak w/Pineapple	Turkey Snitzel w/ Cranberry Sauce	English Style Corned Beef w/Cabbage		Catch of the Day	Poached Chicken Breast w/ Tarragon Sauce
Side	O'Brien Potatoes	Lyonnais Potatoes	Mashed Potatoes	O'Brien Potatoes		Boiled Potatoes	Mashed Potatoes
Entrée 2	Spanish Steak	Breaded Perch w/ Rice	Spaghetti Bolognese w/ Garlic Toast	Catch of the Day		Baked French Canadian Tourtiere	Breaded Beef Liver w/ Onions & Bacon
Side	O'Brien Potatoes	Rice	Garlic Bread	O'Brien Potatoes		Boiled Potatoes	Mashed Potatoes
Vegetable	Cauliflower	Brussel Sprouts	Garden Mixed Vegetables	Green Peas		Baked Cauliflower	Sauerkraut
Vegetable	Acorn Squash	Turnips	Baked Yam	Baked Squash		Peas & Carrots	Green Beans w/ Almonds
Dessert	Green Tea Ice Cream	Tiramisu	Cinnamon Roll	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 Apr 2, 2023

Soup of the day

Cream of Squash

Entrée 1

Smoked Salmon & Cream Cheese

Side

Toasted Bagel

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## **Entrée 2**

*Sliced Black Forest Ham Sandwich*

## **Side**

*Caesar Salad*

## **Dessert**

*Watermelon*

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

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# DINNER



**Sun Apr 2, 2023**

## **Appetizer**

*Cheese Plate*

## **Entrée 1**

*Chicken Cordon Bleu*

## **Entrée 2**

*Spanish Steak*

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Starch

O'Brien Potatoes

Vegetables

Cauliflower

Acorn Squash

Dessert

Green Tea Ice Cream

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

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LUNCH



Mon Apr 3, 2023

Soup of the day

Chicken Curry Soup

Entrée 1

Baked Macaroni & Cheese

Side

Garlic Toast

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## Entrée 2

*Montreal Smoked Meat Sandwich*

## Side

*Mixed Bean Salad*

## Dessert

*Whipped Jello*

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



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# DINNER



**Mon Apr 3, 2023**

## Appetizer

*Spring Rolls*

## Entrée 1

*Grilled Ham Steak w/ Pineapple*

## Entrée 2

*Breaded Perch w/ Rice*

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Starch

Lyonnaise Potatoes

Vegetables

Brussel Sprouts

Turnips

Dessert

Tiramisu

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



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LUNCH



Tue Apr 4, 2023

Soup of the day

Cream of Tomato

Entrée 1

Salmon Salad Sandwich

Side

Marinated Vegetables

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Entrée 2

Chicken & Mushroom in White Wine

Side

Tossed Salad

Dessert

Lemon Bar

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

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DINNER



Tue Apr 4, 2023

Appetizer

Cottage Cheese w/ Pineapple

Entrée 1

Turkey Snitzel w/ Cranberry Sauce

Entrée 2

Spaghetti Bolognese w/ Garlic Toast

~ ~ ~

Starch

Mashed Potatoes

Vegetables

Garden Mixed Vegetables

Baked Yam

Dessert

Cinnamon Roll

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LUNCH



Wed Apr 5, 2023

Soup of the day

Soup of The Day

Entrée 1

Hot Beef Dip

Side

French Fries

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Entrée 2

Lobster Sensation

Side

Potato Salad

Dessert

Assorted Desserts

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DINNER



Wed Apr 5, 2023

Appetizer

Bruschetta

Entrée 1

English Style Corned Beef w/ Cabbage

Entrée 2

Catch of the Day

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## **Starch**

*O'Brien Potatoes*

## **Vegetables**

*Green Peas*

*Baked Squash*

## **Dessert**

*Chef's Choice*

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full bar service available

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# LUNCH



**Thur Apr 6, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Sliced Turkey & Bacon on Light Rye*

## **Side**

*Vinaigrette Coleslaw*

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## **Entrée 2**

*Fresh Fruit Plate*

## **Side**

*Banana Loaf*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
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# DINNER



**Thur Apr 6, 2023**

## **Appetizer**

*Spinach Salad*

## **Entrée 1**

*Poached Chicken Breast w/ Tarragon*

## **Entrée 2**

*Grilled Veal Liver w/ Grilled Onions*

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## **Starch**

*Duchesse Potato*

## **Vegetables**

*Braised Red Cabbage  
Jardiniere of Vegetables*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Fri Apr 7, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Egg Salad Sandwich*

## **Side**

*Pasta Salad*

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Entrée 2

Crab Cakes

Side

Tossed Salad

Dessert

Assorted Desserts

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DINNER



Fri Apr 7, 2023

Appetizer

Spinach Salad

Entrée 1

Catch of the Day

Entrée 2

Baked French Canadian Tourtiere

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## **Starch**

*Boiled Potatoes*

## **Vegetables**

*Baked Cauliflower*

*Peas & Carrots*

## **Dessert**

*Chef's Choice*

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

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# LUNCH

Sat Apr 8, 2023

## Soup of the Day

*Soup of The Day*

## Entrée 1

*BLT Sandwich*

## Side

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Entrée 2

Oriental Salad

Side

Bistro Bun

Dessert

Assorted Desserts

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DINNER

Sat Apr 8, 2023

Appetizer

Waldorf Salad

Entrée 1

*Poached Chicken Breast w/ Tarragon
Sauce*

Entrée 2

Breaded Beef Liver w/ Onions & Bacon

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## Starch

*Mashed Potatoes*

## Vegetables

*Sauerkraut*

*Green Beans w/ Almonds*

## Dessert

*Chef's Choice*

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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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