

Lunch

Week 3	Sun Apr 23, 2023	Mon Apr 24, 2023	Tue Apr 25, 2023	Wed Apr 26, 2023	Thur Apr 27, 2023	Fri Apr 28, 2023	Sat Apr 29, 2023
Soup	Lentil & Vegetable 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
Entrée 1	Smoked Salmon w/ Cream Cheese	Cold Seafood Platter	Hot Dog	Ham & Asparagus	Turkey & Cranberry Wrap	BBQ Pork on a Bun	Toasted BLT Sandwich
Side	Toasted Bagel	Potato Salad	French Fries	Tater Tots	Marinated Vegetables	Onion Rings	Potato Wedges
Entrée 2	Chicken Quesadilla	Hamburger on Bun	Egg Salad Sandwich	Tuna Salad Sandwich	Shrimp Caesar Salad	Toasted Waffles	Crab Cakes
Side	Tater Tots	French Fries	Sliced Fruit	Apple & Raisin Slaw	Croissant	Sausage	Tossed Salad
Dessert	Fruit Yogurt	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

Dinner

Appetizer	Spring Roll	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Citrus Glazed Ham	Beef Petite Tenders w/Wild Mushroom Sauce	Beef Meatball Stroganoff	Chicken Souvlaki	Chicken Cordon Bleu	Grilled Turkey Cutlet w/Mushroom Sauce	Roasted Pork
Side	Scalloped Potatoes	Mashes Potatoes	Egg Noodles	Boiled Potatoes	Lyonnais Potatoes	Rice	O'Brien Potatoes
Entrée 2	Lamb Chops	Catch of the Day	Pasta Night	Catch of the Day	Braised Lamb Shank w/Mint Jelly	Catch of the Day	Butter Chicken w/Naan Bread
Side	Scalloped Potatoes	Rice	Scalloped Potatoes	Boiled Potatoes	Lyonnais Potatoes	Rice	O'Brien Potatoes
Vegetable	Acorn Squash	Vichy of Carrots	Baked Yams	Green Beans	Swiss Chard	Peas & Carrots	Jardiniere of Vegetables
Vegetable	Lima Beans	Snap Peas	Baby Bok Choy	Mexican Corn	Baked Squash	Baked Cauliflower	Sauteed Spinach
Dessert	Green Tea Ice Cream	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice

* Menu item contains a Superfood.



Living Loving Local

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

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 23, 2023

Soup of the day

Lentil & Vegetable Soup

Entrée 1

Smoked Salmon w/ Cream Cheese

Side

Toasted Bagel

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## **Entrée 2**

*Chicken Quesadilla*

## **Side**

*Tater Tots*

## **Dessert**

*Fruit Yogurt*

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

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# DINNER



**Sun Apr 23, 2023**

## **Appetizer**

*Spring Roll*

## **Entrée 1**

*Citrus Glazed Ham*

## **Entrée 2**

*Lamb Chops*

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Starch

Scalloped Potatoes

Vegetables

Acorn Squash

Lima Beans

Dessert

Green Tea Ice Cream

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

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LUNCH



Mon Apr 24, 2023

Soup of the day

Soup of The Day

Entrée 1

Cold Seafood Platter

Side

Potato Salad

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Entrée 2

Hamburger on Bun

Side

Tater Tots

Dessert

Assorted Desserts

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DINNER



Mon Apr 24, 2023

Appetizer

Chef's Choice

Entrée 1

*Beef Petite Tenders w/ Wild Mushroom
Sauce*

Entrée 2

*Catch of the Day
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## **Starch**

*Mashes Potatoes*

## **Vegetables**

*Vichy of Carrots  
Snap Peas*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Tue Apr 25, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Hot Dog*

## **Side**

*French Fries*

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Entrée 2

Egg Salad Sandwich

Side

Sliced Fruit

Dessert

Assorted Desserts

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



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DINNER



Tue Apr 25, 2023

Appetizer

Chef's Choice

Entrée 1

Beef Meatball Stroganoff

Entrée 2

Pasta Night

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## **Starch**

*Egg Noodles*

## **Vegetables**

*Baked Yams*

*Baby Bok Choy*

## **Dessert**

*Chef's Choice*

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



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# LUNCH

**Wed Apr 26, 2023**

## Soup of the day

*Soup of The Day*

## Entrée 1

*Ham & Asparagus*

## Side

*Tater Tots*

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Entrée 2

Tuna Salad Sandwich

Side

Apple & Raisin Slaw

Dessert

Assorted Desserts

Fruit Juice, Fresh Brewed Coffee, Assorted Teas
Full Bar Service Available

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DINNER

Wed Apr 26, 2023

Appetizer

Chef's Choice

Entrée 1

Chicken Souvlaki

Entrée 2

Catch of the Day

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## Starch

*Boiled Potatoes*

## Vegetables

*Green Beans*

*Mexican Corn*

## Dessert

*Chef's Choice*

Fruit Juice, Fresh Brewed Coffee, Assorted Teas  
Full Bar Service Available

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# LUNCH



**Thur Apr 27, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Turkey & Cranberry Wrap*

## **Side**

*Marinated Vegetables*

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Entrée 2

Shrimp Caesar Salad

Side

Croissant

Dessert

Assorted Desserts

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

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DINNER



Thur Apr 27, 2023

Appetizer

Chef's Choice

Entrée 1

Chicken Cordon Bleu

Entrée 2

Braised Lamb Shank w/ Mint Jelly

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## **Starch**

*Lyonnaise Potatoes*

## **Vegetables**

*Swiss Chard*

*Baked Squash*

## **Dessert**

*Chef's Choice*

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

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# LUNCH

**Fri Apr 28, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*BBQ Pork on a Bun*

## **Side**

*Onion Rings*

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Entrée 2

Toasted Waffles

Side

Sausage

Dessert

Assorted Desserts

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

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DINNER

Fri Apr 28, 2023

Appetizer

Chef's Choice

Entrée 1

*Grilled Turkey Cutlet w/ Mushroom
Sauce*

Entrée 2

Catch of the Day

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## **Starch**

*Rice*

## **Vegetables**

*Peas & Carrots*

*Baked Cauliflower*

## **Dessert**

*Chef's Choice*

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

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# LUNCH

**Sat Apr 29, 2023**

## Soup of the Day

*Soup of The Day*

### Entrée 1

*Toasted BLT Sandwich*

### Side

*Potato Wedges*

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Entrée 2

Crab Cakes

Side

Tossed Salad

Dessert

Assorted Desserts

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

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DINNER

Sat Apr 29, 2023

Appetizer

Chef's Choice

Entrée 1

Roasted Pork

Entrée 2

Butter Chicken w/ Naan Bread

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### Starch

*O'Brien Potatoes*

### Vegetables

*Jardiniere of Vegetables*

*Sauteed Spinach*

### Dessert

*Chef's Choice*

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

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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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