



Lunch

Week 1	Sun Apr 30, 2023	Mon May 1, 2023	Tue May 2, 2023	Wed May 3, 2023	Thur May 4, 2023	Fri May 5, 2023	Sat May 6, 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	English Breakfast	Chicken Wings	Pergies	Chicken Fingers	Cuba Sandwich	Minced Ham Sandwich	Cheese Strudel w/Egg, Onion, & Bacon
Side	Hash Brown	Fried Rice	Sausages	French Fries	Potato Bites	Carrot & Pineapple Slaw	Garden Salad
Entrée 2	Chicken Salad Sandwich w/Sliced Avocado	Avocado & Crab Salad	Salmon Salad Sandwich	Cheese Blintz w/Strawberry Sauce	Jamaican Patties	Fish Tacos	Grilled Cheese w/Bacon
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	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Chicken Bressi w/White Wine Sauce	English Style Corned Beef w/Cabbage	Pasta Night	Open Face Turkey Sandwich	Grilled Duck Legs	English Bangers w/Mashed Potatoes	Southern Style Fried Chicken
Side	Mashed Potatoes	Boiled Potatoes	Garlic Bread	Mashed Potatoes	Confit Potatoes	Mashed Potatoes	Boiled Potatoes
Entrée 2	Coconut Breaded Shrimp	Catch of the Day	Pork Stew	Catch of the Day	BBQ Baby Back Ribs	Catch of the Day	Roast Leg of Lamb
Side	Mashed Potatoes	Boiled Potatoes	Rice	Rice	Baked Potato	Mashed Potatoes	Boiled Potatoes
Vegetable	Asparagus	Romanesco	Baked Yam	Mexican Corn	Golden Beets	Herb Zucchini	Green Beans
Vegetable	Mixed Vegetables	Butternut Squash	Cauliflower	Batton of Rutabaga	Peas a la Francaise	Carrots	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.



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