

Lunch

Week 3	Sun June 18, 2023	Mon June 19, 2023	Tue June 20, 2023	Wed June 21, 2023	Thu June 22, 2023	Fri June 23, 2023	Sat June 24, 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	Classic Egg Benedict	Poutine	Tuna Salad Sandwich	Hot Beef Dip	Sliced Turkey & Bacon on Light Rye	Shawarma Pita Sandwich	Peameal Bacon on an English Muffin
Side	Hash Brown	Cheese Curds	Marinated Vegetables	French Fries	Vinaigrette Coleslaw	Bistro Bun	Potato Bites
Entrée 2	Chicken Salad w/ Avocado	Hot Montreal Smoked Meat Sandwich	Beef Samosa	Shrimp Caesar Salad	Fresh Fruit Plate	Baked Macaroni & Cheese	Fish Fingers
Side	Caesar Salad	Bean Salad	Tossed Salad	Bistro Bun	Banana Loaf	Tossed Salad	French Fries
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 Cordon Bleu	Leg of Veal w/ Mint Jelly	Bratwurst & Sauerkraut Platter	Open Face Turkey Sandwich	Breaded Beef Liver w/ Grilled Onions	Catch of the Day	Grilled Chicken Breast w/ Orange Honey Dijon
Side	Mashed Potatoes	Lyonnais Potatoes	Rice	Mashed Potatoes	Mashed Potatoes	Rice Pilaf	Mashed Potatoes
Entrée 2	Braised Lamb Shank	Catch of the Day	Pasta Night	Catch of the Day	Grilled Ham Steak	Baked French Canadian Tourtiere	Salisbury Steak
Side	Polenta	Rice	Garlic Bread	Boiled Potatoes	Scalloped Potatoes	Mashed Potatoes	Mashed Potatoes
Vegetable	Cauliflower	Brussel Sprouts	Garden Mixed Vegetables	Green Peas w/ Pearl Onions	Braised Red Cabbage	Broccoli	Sauerkraut
Vegetable	Acorn Squash	Turnips	Baked Yams	Golden Beets	Jardiniere of Vegetables	Mixed Vegetables	Green Beans
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 June 18, 2023

Soup of the day

Soup of the Day

Entrée 1

Classic Egg Benedict

Side

Hash Brown

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## Entrée 2

*Chicken Salad w/ Avocado*

## Side

*Caesar Salad*

## Dessert

*Assorted Desserts*

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

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# DINNER

**Sun June 18, 2023**

## Appetizer

*Chef's Choice*

## Entrée 1

*Chicken Cordon Bleu*

## Entrée 2

*Braised Lamb Shank*

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Starch

Mashed Potatoes

Vegetables

Cauliflower

Acorn Squash

Dessert

Chef's Choice

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

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LUNCH

Mon June 19, 2023

Soup of the day

Soup of the Day

Entrée 1

Poutine

Side

Cheese Curds

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## Entrée 2

*Hot Montreal Smoked Meat Sandwich*

## Side

*Bean Salad*

## Dessert

*Assorted Desserts*

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

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# DINNER

**Mon June 19, 2023**

## Appetizer

*Chef's Choice*

## Entrée 1

*Leg of Veal w/ Mint Jelly*

## Entrée 2

*Catch of the Day*

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Starch

Lyonnaise Potatoes

Vegetables

Brussel Sprouts

Turnips

Dessert

Chef's Choice

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LUNCH



Tue June 20, 2023

Soup of the day

Soup of the Day

Entrée 1

Tuna Salad Sandwich

Side

Marinated Vegetables

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## **Entrée 2**

*Beef Samosa*

## **Side**

*Tossed Salad*

## **Dessert**

*Assorted Desserts*

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



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# DINNER



**Tue June 20, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Bratwurst & Sauerkraut Platter*

## **Entrée 2**

*Pasta Night*

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Starch

Rice

Vegetables

Garden Mixed Vegetables

Baked Yams

Dessert

Chef's Choice

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



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LUNCH



Wed June 21, 2023

Soup of the day

Soup of the Day

Entrée 1

Hot Beef Dip

Side

French Fries

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## **Entrée 2**

*Shrimp Caesar Salad*

## **Side**

*Bistro Bun*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



**Wed June 21, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Open Face Turkey Sandwich*

## **Entrée 2**

*Catch of the Day*

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Starch

Mashed Potatoes

Vegetables

Green Peas w/ Pearl Onions

Golden Beets

Dessert

Chef's Choice

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full bar service available

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LUNCH



Thu June 22, 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  
full bar service available

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# DINNER



**Thu June 22, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Breaded Beef Liver w/ Grilled Onions*

## **Entrée 2**

*Grilled Ham Steak*

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## **Starch**

*Mashed Potatoes*

## **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 June 23, 2023**

## **Soup of the day**

*Soup of the Day*

### **Entrée 1**

*Shawarma Pita Sandwich*

### **Side**

*Bistro Bun*

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Entrée 2

Baked Macaroni & Cheese

Side

Tossed Salad

Dessert

Assorted Desserts

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full bar service available

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DINNER



Fri June 23, 2023

Appetizer

Chef's Choice

Entrée 1

Catch of the Day

Entrée 2

Baked French Canadian Tourtiere

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### **Starch**

*Mashed Potatoes*

### **Vegetables**

*Broccoli*

*Mixed Vegetables*

### **Dessert**

*Chef's Choice*

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full bar service available

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# LUNCH

**Sat June 24, 2023**

## Soup of the Day

*Soup of the Day*

## Entrée 1

*Peameal Bacon on an English Muffin*

## Side

*French Fries*

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Entrée 2

Fish Fingers

Side

French Fries

Dessert

Assorted Desserts

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full bar service available

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DINNER

Sat June 24, 2023

Appetizer

Chef's Choice

Entrée 1

Grilled Chicken Breast w/ Orange Honey

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Entrée 2

Salisbury Steak

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## Starch

*Mashed Potatoes*

## Vegetables

*Sauerkraut*

*Green Beans*

## 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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