



Lunch

Week 2	Sun June 4, 2023	Mon June 5, 2023	Tue June 6, 2023	Wed June 7, 2023	Thur June 8, 2023	Fri June 9, 2023	Sat June 10, 2023
Soup	Potato Leek	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	Salsa Omelet	Crab Cakes	Hot Dog	Beef Sausage Roll	French Toast	BBQ Pork on a Bun	Fish Burger
Side	Hash Brown	Toss Salad	Fries	Baked Beans	Sausage	Onion Rings	Potato Wedges
Entrée 2	Seafood Salad on Croissant	Oriental Fried Rice	Chicken Avocado	Tuna Salad Sandwich	Chicken Caesar Salad	Chef's Choice	Spinach Salad
Side	Potato Salad	Chicken Wings	Bean Salad	Coleslaw	Bistro Bun	Sausage	Tossed Salad
Dessert	Nanaimo Bar	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

Dinner

Appetizer	Tomato Bocconcini	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Citrus Glazed Boneinham	Beef Petite Tenders w/ Wild Mushroom Sauce	BBQ Pork Dummies	Chicken Souvlaki	Chicken Teriyaki	Lamb Kabab	Stuffed Pork loin
Side	Scalloped Potatoes	Mashed	Roasted Potatoes	Rice	Rice	Rice	O'Brien Potatoes
Entrée 2	Lamb Chops	Catch of The Day	Pasta Night	Catch of The Day	Ukrainian Platter	Catch of The Day	Butter Chicken w/ Naan Bread
Side	Scalloped Potatoes	Rice	Garlic Toasted	Boiled	Perogies	Rice	Rice
Vegetable	Acorn Squash	Vichy of Carrots	Baked Yams	Green Beans	Swiss Chard	Peas & Carrots	Jardiniere of Vegetables
Vegetable	Green Peas & Onion	Snap Peas	Baby Bok Choy	Mexican Corn	Baked Squash	Baked Cauliflower	Sauteed Spinach
Dessert	Lemon Lavender 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 June 4, 2023

Soup of the day

Potato Leek

Entrée 1

Salsa Omelet

Side

Hash Brown

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**Entrée 2**

*Seafood Salad on Croissant*

**Side**

*Potato Salad*

**Dessert**

*Nanaimo Bar*

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

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heart-smart **sf**super  
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# DINNER



**Sun June 4, 2023**

## **Appetizer**

*Tomato Bocconcini*

## **Entrée 1**

*Citrus Glazed Boneinham*

## **Entrée 2**

*Lamb Chops*

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Starch

Scalloped Potatoes

Vegetables

Acorn Squash

Green Peas & Onion

Dessert

Lemon Lavender Ice Cream

fruit juice, fresh brewed coffee, assorted teas
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LUNCH



Mon June 5, 2023

Soup of the day

Soup of the Day

Entrée 1

Crab Cakes

Side

Toss Salad

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## Entrée 2

*Oriental Fried Rice*

## Side

*Chicken Wings*

## Dessert

*Assorted Desserts*

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

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# DINNER



**Mon June 5, 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

Mashed

Vegetables

Vichy of Carrots

Snap Peas

Dessert

Chef's Choice

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LUNCH



Tue June 6, 2023

Soup of the day

Soup of the Day

Entrée 1

Hot Dog

Side

Fries

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## **Entrée 2**

*Chicken Avocado*

## **Side**

*Bean Salad*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



**Tue June 6, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*BBQ Pork Dummies*

## **Entrée 2**

*Pasta Night*

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Starch

Roasted Potatoes

Vegetables

Baked Yams

Baby Bok Choy

Dessert

Chef's Choice

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LUNCH

Wed June 7, 2023

Soup of the day

Soup of the Day

Entrée 1

Beef Sausage Roll

Side

Baked Beans

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## Entrée 2

*Tuna Salad Sandwich*

## Side

*Coleslaw*

## Dessert

*Assorted Desserts*

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full bar service available

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# DINNER

Wed June 7, 2023

## Appetizer

*Chef's Choice*

## Entrée 1

*Chicken Souvlaki*

## Entrée 2

*Catch of The Day*

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Starch

Rice

Vegetables

Green Beans

Mexican Corn

Dessert

Chef's Choice

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LUNCH



Thur June 8, 2023

Soup of the Day

Soup of the Day

Entrée 1

French Toast

Side

Sausage

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## **Entrée 2**

*Chicken Caesar Salad*

## **Side**

*Bistro Bun*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



**Thur June 8, 2023**

## **Appetizer**

*Coleslaw*

## **Entrée 1**

*Poached Chicken Breast w/ Tarragon*

## **Entrée 2**

*Breaded Beef Liver w/ Grilled Onions  
& Mash Potatoes*

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## **Starch**

*Delmonico Potatoes*

## **Vegetables**

*Broccoli*

*Spaghetti Squash*

## **Dessert**

*Apple Strudel*

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

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# LUNCH



**Fri June 9, 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

Chef's Choice

Side

Sausage

Dessert

Assorted Desserts

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DINNER



Fri June 9, 2023

Appetizer

Chef's Choice

Entrée 1

Lamb Kabab

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 June 10, 2023**

## Soup of the Day

*Soup of the Day*

### Entrée 1

*Fish Burger*

### Side

*Tossed Salad*

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Entrée 2

Spinach Salad

Side

Tossed Salad

Dessert

Assorted Desserts

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

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DINNER

Sat June 10, 2023

Appetizer

Chef's Choice

Entrée 1

Stuffed Pork loin

Entrée 2

Butter Chicken w/ Naan Bread

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### Starch

*Rice*

### 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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