

#### 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

<sup>\*</sup> 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



# Sun June 4, 2023 Soup of the day

Potato Leek

Entrée 1

Salsa Omelet

**Side** 

Hash Brown

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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### 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** 

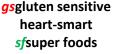
Acorn Squash

Green Peas & Onion

**Dessert** 

Lemon Lavender Ice Cream

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









### Mon June 5, 2023

#### Soup of the day

Soup of the Day

Entrée 1

Crab Cakes

**Side** 

Toss Salad

Entrée 2

Oriental Fried Rice

<u>Side</u>

Chicken Wings

**Dessert** 

Assorted Desserts

**DINNER** 

Mon June 5, 2023

**Appetizer** 

Chef's Choice

Entrée 1

Beef Petite Tenders w/ Wild Mushroom Sauce

Entrée 2

Catch of The Day

Starch

Mashed

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

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Tue June 6, 2023

Soup of the day

Soup of the Day

Entrée 1

Hot Dog

<u>Side</u>

Fries

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Entrée 2

Chicken Avocado

<u>Side</u>

Bean Salad

**Dessert** 

Assorted Desserts

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







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### DINNER



**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

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

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### 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

<u>Side</u>

Coleslaw

**Dessert** 

Assorted Desserts

### 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

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







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Soup of the Day

Soup of the Day

Entrée 1

French Toast

Side

Sausage

Entrée 2

Chicken Caesar Salad

**Side** 

Bistro Bun

**Dessert** 

Assorted Desserts

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









### DINNER



### **Thur June 8, 2023**

#### **Appetizer**

Coleslaw

#### Entrée 1

Poached Chicken Breast w/ Tarragon

#### Entrée 2

Breaded Beef Liver w/ Grilled Onions & Mash Potatoes

Starch

Delmonico Potatoes

**Vegetables** 

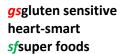
Broccoli

Spaghetti Squash

**Dessert** 

Apple Strudel

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











Fri June 9, 2023

Soup of the day

Soup of the Day

Entrée 1

BBQ Pork on a Bun

<u>Side</u>

Onion Rings

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Entrée 2

Chef's Choice

<u>Side</u>

Sausage

**Dessert** 

Assorted Desserts

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

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## **Sat June 10, 2023**

### Soup of the Day

Soup of the Day

#### Entrée 1

Fish Burger

#### <u>Side</u>

Tossed Salad

#### 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

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**



#### 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







#### **ALTERNATIVE MENU**



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Shrimp, Calamari, Chicken Breast

~~~

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#### Fresh Fruit Plate

With Cottage Cheese





