

Lunch

Week 2	Sun July 23, 2023	Mon July 24, 2023	Tue July 25, 2023	Wed July 26, 2023	Thu July 27, 2023	Fri July 28, 2023	Sat July 29, 2023
Soup	Japanese Miso 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	Classic Egg Benedict	Baked Quiche w/ Tomato Aspic	Tuna Melt on Croissant	Beef Chilli	Deconstructed Chicken Fajitas	Baked Macaroni & Cheese	Butter Chicken Tacos
Side	Potato Bites	Salad	Marinated Vegetables	Corn Muffin	Coleslaw	Tossed Salad	French Fries
Entrée 2	Toasted Waffles w/Fruit Sauce	Hot Montreal Smoked Meat Sandwich	Cobb Salad	French Toast w/ Fruit Sauce	Chef's Choice	Fish Burger	Chef's Choice
Side	Sausage	Potato Salad	Fresh Baked Croissant	Bistro Bun	Banana Loaf	Onion Rings	Potato Bites
Dessert	Naniamo Bars	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

Dinner

Appetizer	Watermelon & Feta Salad	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Roasted Turkey w/Cranberry Sauce	Leg of Veal w/ Mint Jelly	Pasta Night	Pork Chop	Braised Beef Brisket w/ Sauce Bernaise	Catch of The Day	Grilled Cilantro Lime Chicken
Side	Mashed Potatoes	Lyonnais Potatoes	Garlic Toast	Mashed Potatoes	Scalloped Potatoes	Rice	O'Brien Potatoes
Entrée 2	Beef Stir Fry w/Steamed Rice	Catch of The Day	Bratwurst & Sauerkraut Platter	Catch of The Day	Canadian Tourtiere	Eggplant Moussaka	Sweet & Sour Pork
Side	Steamed Rice	Rice	Boiled Potatoes	Boiled Potatoes	Mashed Potato	Salad	O'Brien Potatoes
Vegetable	Acorn Squash	Brussel Sprouts	Golden Beets	Green Peas w/ Pearl Onions	Lima Beans Fritter	Broccoli	Sauerkraut
Vegetable	California Mix	Turnips	Carrots	Spaghetti Squash	Zucchini	Mixed Vegetables	Green Beans
Dessert	Caramel Gelato	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 July 23, 2023

Soup of the day

Japanese Miso Soup

Entrée 1

Classic Egg Benedict

Side

Potato Bites

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## Entrée 2

*Toasted Waffles w/ Fruit Sauce*

## Side

*Sausage*

## Dessert

*Naniamo Bars*

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

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# DINNER



**Sun July 23, 2023**

## Appetizer

*Watermelon & Feta Salad*

## Entrée 1

*Roasted Turkey w/ Cranberry Sauce*

## Entrée 2

*Beef Stir Fry w/ Steamed Rice*

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Starch

Mashed Potatoes

Vegetables

Acorn Squash

California Mix

Dessert

Caramel Gelato

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

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LUNCH

Mon July 24, 2023

Soup of the day

Soup of The Day

Entrée 1

Baked Quiche w/ Tomato Aspic

Side

Salad

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## Entrée 2

*Hot Montreal Smoked Meat Sandwich*

## Side

*Potato Salad*

## Dessert

*Assorted Desserts*

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

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# DINNER

**Mon July 24, 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 July 25, 2023

Soup of the day

Soup of The Day

Entrée 1

Tuna Melt on Croissant

Side

Marinated Vegetables

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## **Entrée 2**

*Cobb Salad*

## **Side**

*Fresh Baked Croissant*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



**Tue July 25, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Pasta Night*

## **Entrée 2**

*Bratwurst & Sauerkraut Platter*

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Starch

Garlic Toast

Vegetables

Golden Beets

Carrots

Dessert

Chef's Choice

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LUNCH



Wed July 26, 2023

Soup of the day

Soup of The Day

Entrée 1

Beef Chilli

Side

Corn Muffin

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### **Entrée 2**

*French Toast w/ Fruit Sauce*

### **Side**

*Bistro Bun*

### **Dessert**

*Assorted Desserts*

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

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# DINNER



**Wed July 26, 2023**

## **Appetizer**

*Chef's Choice*

### **Entrée 1**

*Pork Chop*

### **Entrée 2**

*Catch of The Day*

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Starch

Mashed Potatoes

Vegetables

Green Peas w/ Pearl Onions

Spaghetti Squash

Dessert

Chef's Choice

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LUNCH



Thu July 27, 2023

Soup of the Day

Soup of The Day

Entrée 1

Deconstructed Chicken Fajitas

Side

Coleslaw

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## **Entrée 2**

*Chef's Choice*

## **Side**

*Banana Loaf*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



**Thu July 27, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Braised Beef Brisket w/ Sauce  
Bernaise*

## **Entrée 2**

*Canadian Tourtiere*

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Starch

Scalloped Potatoes

Vegetables

Lima Beans Fritter

Zucchini

Dessert

Chef's Choice

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

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LUNCH



Fri July 28, 2023

Soup of the day

Soup of The Day

Entrée 1

Baked Macaroni & Cheese

Side

Tossed Salad

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### **Entrée 2**

*Fish Burger*

### **Side**

*Onion Rings*

### **Dessert**

*Assorted Desserts*

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

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# DINNER



**Fri July 28, 2023**

## **Appetizer**

*Chef's Choice*

### **Entrée 1**

*Catch of The Day*

### **Entrée 2**

*Eggplant Moussaka*

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Starch

Rice

Vegetables

Broccoli

Mixed Vegetables

Dessert

Chef's Choice

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

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LUNCH

Sat July 29, 2023

Soup of the Day

Soup of The Day

Entrée 1

Butter Chicken Tacos

Side

Potato Wedges

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## Entrée 2

*Chef's Choice*

## Side

*Potato Bites*

## Dessert

*Assorted Desserts*

# DINNER

**Sat July 29, 2023**

## Appetizer

*Chef's Choice*

## Entrée 1

*Grilled Cilantro Lime Chicken*

## Entrée 2

*Sweet & Sour Pork*

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Starch

O'Brien Potatoes

Vegetables

Sauerkraut

Green Beans

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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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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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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