

Lunch

Week 1	Sun Jul 30, 2023	Mon Jul 31, 2023	Tue Aug 1, 2023	Wed Aug 2, 2023	Thur Aug 3, 2023	Fri Aug 4, 2023	Sat Aug 5, 2023
Soup	Lentil & Sausage	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	Corn Dog	Chef's Choice	Cuban Sandwich	Roast Beef Sandwich	Cheese Strudel w/ Egg, Onion, & Bacon
Side	Hash Browns	Fried Rice	Baked Beans	French Fries	Potato Wedges	Onions Rings	Potato Bites
Entrée 2	Chicken Salad w/ Avocado	Avocado & Crab Salad	Salmon Salad Sandwich	Bratwurst & Sauerkraut on Sub Bun	Chicken Mushroom Vol Au Vent	Fish Tacos	Grilled Cheese w/ Tomato
Side	Cucumber Salad	Bistro Bun	Marinated Vegetable Salad	Potato Bites	Tossed Salad	Onion Rings	Caesar Salad
Dessert	Nanaimo Bar	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
Dinner							
Appetizer	Cheese Plate	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Roasted Prime Rib of Beef w/ Yorkshire	English Style Corned Beef	Pasta Night	Beef ala Deutsch	Grilled Duck Legs	Lamb Meatballs	Southern Fried Chicken
Side	Garlic Mash	Boiled Potatoes	Garlic Toast	Spätzle	Confit Potatoes	Mashed Potatoes	O'Brien Potatoes
Entrée 2	Scallops w/ Chimichurri & Cauliflower Puree	Catch of The Day	Stuffed Pork loin	Catch of The Day	BBQ Baby Back Ribs w/ Baked Potato	Catch of The Day	Veal Chasseur
Side	Saffron Rice	Boiled Potatoes	Rice	Rice	Baked Potato	Mashed Potatoes	Egg Noodles
Vegetable	Yams	Romanesco	Baked Yams	Mexican Corn	Golden Beets	Herb Zucchini	Green Beans
Vegetable	Brussel Sprouts	Butternut Squash	Cauliflower	Batons of Rutabaga	Peas a la Francaise	Carrots	Roasted Turnips
Dessert	Peach Melba 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



Sun July 30, 2023

Soup of the day

Lentil & Sausage

Entrée 1

English Breakfast

Side

Hash Browns

Entrée 2

Chicken Salad w/ Avocado

Side

Cucumber Salad

Dessert

Nanaimo Bar

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

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DINNER

Sun July 30, 2023

Appetizer

Cheese Plate

Entrée 1

Roasted Prime Rib of Beef w/ Yorkshire

Entrée 2

Scallops w/ Chimichurri & Cauliflower Puree

Starch

Garlic Mashed Potatoes / Saffron Rice

Vegetables

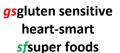
Yams

Brussel Sprouts

Dessert

Peach Melba Ice Cream

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









Mon Jul 31, 2023

Soup of the day

Soup of The Day

Entrée 1

Chicken Wings

Side

Fried Rice

Entrée 2

Avocado & Crab Salad Side

Bistro Bun

Dessert

Assorted Desserts

DINNER

Mon Jul 31, 2023

Appetizer

Chef's Choice

Entrée 1

English Style Corned Beef

Entrée 2

Catch of The Day

Starch

Boiled Potatoes

Vegetables

Romanesco

Butternut Squash

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











Tue Aug 1, 2023

Soup of the day

Soup of The Day

Entrée 1

Corn Dog

Side

Baked Beans

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Entrée 2

Salmon Salad Sandwich

<u>Side</u>

Marinated Vegetable Salad

Dessert

Assorted Desserts





Tue Aug 1, 2023

**Appetizer** 

Chef's Choice

Entrée 1

Pasta Night

Entrée 2

Stuffed Pork loin

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Starch

Garlic Toast

Vegetables

Baked Yams Cauliflower

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

Chef's Choice

<u>Side</u>

French Fries

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Entrée 2

Bratwurst & Sauerkraut on Sub Bun

<u>Side</u>

Potato Bites

**Dessert** 

Assorted Desserts



Wed Aug 2, 2023

**Appetizer** 

Chef's Choice

Entrée 1

Beef ala Deutsch

Entrée 2

Catch of The Day

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Starch

Spätzle

Vegetables

Mexican Corn

Batons of Rutabaga

Dessert

Chef's Choice

Fruit Juice, Fresh Brewed Coffee, Assorted Teas Full Bar Service Available







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SENIOR LIVING



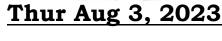
Fruit Juice, Fresh Brewed Coffee, Assorted Teas Full Bar Service Available

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Soup of the Day

Soup of The Day

Entrée 1

Cuban Sandwich

<u>Side</u>

Potato Wedges

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Entrée 2

Chicken Mushroom Vol Au Vent

**Side** 

Tossed Salad

**Dessert** 

Assorted Desserts

## **DINNER**

Thur Aug 3, 2023

**Appetizer** 

Chef's Choice

Entrée 1

Grilled Duck Legs

Entrée 2

BBQ Baby Back Ribs w/ Baked Potato

Starch

Confit Potatoes

**Vegetables** 

Golden Beets Peas a la Francaise

**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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Fri Aug 4, 2023

Soup of the day

Soup of The Day

Entrée 1

Roast Beef Sandwich

Side

Onions Rings

Entrée 2

Fish Tacos

**Side** 

Onion Rings

**Dessert** 

Assorted Desserts

**DINNER** 

Fri Aug 4, 2023

**Appetizer** 

Chef's Choice

Entrée 1

Lamb Meatballs

Entrée 2

Catch of The Day

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Starch

Mashed Potatoes

Vegetables

Herb Zucchini

Carrots

Dessert

Chef's Choice

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

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Sat Aug 5, 2023

Soup of the Day

Soup of The Day

Entrée 1

Cheese Strudel w/ Egg, Onion, & Bacon **Side**

Potato Bites

Entrée 2

Grilled Cheese w/ Tomato

<u>Side</u>

Caesar Salad

Dessert

Assorted Desserts

DINNER

Sat Aug 5, 2023

Appetizer

Chef's Choice

Entrée 1

Southern Fried Chicken

Entrée 2

Veal Chasseur

Starch

Egg Noodles

Vegetables

Green Beans

Roasted Turnips

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

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#### **Build your own Omelette**

Ham, Mushroom, Shrimp, Fresh Herbs, Cheese

#### Fresh Fruit Plate

With Cottage Cheese







### **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





