


Lunch

Week 2	Sun July 9, 2023	Mon July 10, 2023	Tue July 11, 2023	Wed July 12, 2023	Thu July 13, 2023	Fri July 14, 2023	Sat June 15, 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	Salsa Omelet	Grilled Cheese w/ Bacon	Hot Dog	Beef Sausage Roll	Peameal Bacon & Fried Egg on Kaiser Bun	BBQ Pork on a Bun	Broiled Hamburger
Side	Potato Bites	Tossed Salad	French Fries	Baked Beans	Sausage	Onion Rings	Potato Wedges
Entrée 2	Toasted Waffles w/ Fruit Sauce	Corn Dog	Smoked Bisen Brisket on Pretzel Bun	Tuna Salad Sandwich	Chicken Caesar Salad	Fresh Fruit Plate	Minced Ham Sandwich
Side	Ham	Baked Beans	Coleslaw	Coleslaw	Bistro Bun	Banana Bread	Potato Salad
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	 <p>STAMPEDE BUFFET DINNER</p>	Chef's Choice	Chef's Choice
Entrée 1	Citrus Glazed Bone-in-Ham	Beef Petite Tenders w/ Wild Mushroom Sauce	Chicken Souvlaki	Swiss Steak		Lamb Kabab	Roasted Pork Shoulder
Side	Scalloped Potatoes	Garlic Mashed Potatoes	Roasted Potatoes	Rice		Rice	O'Brien Potatoes
Entrée 2	Lamb Chops	Catch of The Day	Pasta Night	Catch of The Day		Catch of The Day	Butter Chicken w/ Naan Bread
Side	Scalloped Potatoes	Rice	Garlic Toast	Rice		French Fries	Rice
Vegetable	Spaghetti Squash	Vichy of Carrots	Baked Yams	Spinach		Snap Peas	Mix Vegetables
Vegetable	Asparagus	Brussel Sprouts	Mixed Vegetables	Turnips		Beets	Broccoli
Dessert	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 9, 2023

Soup of the day

Soup of The Day

Entrée 1

Salsa Omelet

Side

Potato Bites

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## Entrée 2

*Toasted Waffles w/ Fruit Sauce*

## Side

*Ham*

## Dessert

*Assorted Desserts*

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

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foods



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# DINNER

**Sun July 9, 2023**

## Appetizer

*Chef's Choice*

## Entrée 1

*Citrus Glazed Bone-in-Ham*

## Entrée 2

*Lamb Chops*

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Starch

Scalloped Potatoes

Vegetables

Spaghetti Squash

Asparagus

Dessert

Chef's Choice

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

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LUNCH



Mon July 10, 2023

Soup of the day

Soup of The Day

Entrée 1

Grilled Cheese w/ Bacon

Side

Tossed Salad

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**Entrée 2**

*Corn Dog*

**Side**

*Baked Beans*

**Dessert**

*Assorted Desserts*

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

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# DINNER



**Mon July 10, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Beef Petite Tenders w/ Wild Mushroom  
Sauce*

## **Entrée 2**

*Catch of The Day*

~ ~ ~

## **Starch**

*Garlic Mashed Potatoes*

## **Vegetables**

*Vichy of Carrots*

*Brussel Sprouts*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Tue July 11, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Hot Dog*

## **Side**

*French Fries*

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Entrée 2

Smoked Bisen Brisket on Pretzel Bun

Side

Coleslaw

Dessert

Assorted Desserts

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full bar service available

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DINNER



Tue July 11, 2023

Appetizer

Chef's Choice

Entrée 1

Chicken Souvlaki

Entrée 2

Pasta Night

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## **Starch**

*Roasted Potatoes*

## **Vegetables**

*Baked Yams*

*Mixed Vegetables*

## **Dessert**

*Chef's Choice*

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

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# LUNCH

**Wed July 12, 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 July 12, 2023

Appetizer

Chef's Choice

Entrée 1

Swiss Steak

Entrée 2

Catch of The Day

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## **Starch**

*Rice*

## **Vegetables**

*Spinach*

*Turnips*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Thu July 13, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Peameal Bacon & Fried Egg on Kaiser  
Bun*

## **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



Thu July 13, 2023

Appetizer

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Entrée 1

0

Entrée 2

0

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## **Starch**

0

## **Vegetables**

0

0

## **Dessert**

0

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

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# LUNCH



**Fri July 14, 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

Fresh Fruit Plate

Side

Banana Bread

Dessert

Assorted Desserts

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

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DINNER



Fri July 14, 2023

Appetizer

Chef's Choice

Entrée 1

Lamb Kabab

Entrée 2

Catch of The Day

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## **Starch**

*Rice*

## **Vegetables**

*Snap Peas*

*Beets*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Sat June 15, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Broiled Hamburger*

## **Side**

*Potato Wedges*

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## **Entrée 2**

*Minced Ham Sandwich*

## **Side**

*Potato Salad*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



**Sat June 15, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Roasted Pork Shoulder*

## **Entrée 2**

*Butter Chicken w/ Naan Bread*

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Starch

Rice

Vegetables

Mix Vegetables

Broccoli

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

~ ~ ~

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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