



Lunch

Week 3	Sun July 2, 2023	Mon July 3, 2023	Tue July 4, 2023	Wed July 5, 2023	Thru July 6, 2023	Fri July 7, 2023	Sat July 8, 2023
Vrxs	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
Hqwt#4	Corned Beef Hash	Chicken Salad Sandwich	Beef Chilli	Avocado Toast	Grilled French Toast	Crab Cakes	Curried Chicken Salad Plate
Vbgh	Poached Egg	Apple Slaw	Corn Bread	Potato Bites	Farmer Sausage	Tossed Salad	Bistro Bun
Hqwt#5	Shrimp Roll Remoulade	Lamb Sliders	Grilled Pancakes	Turkey Salad Sandwich	Deli Meat & Cheese Submarine	Ham & Swiss Cheese on Multigrain Bread	Roasted Beef Sandwich w/ Horse Raddish Aioli
Vbgh	Potato Salad	French Fries	Ham	Marinated Vegetable Salad	Vinaigrette Coleslaw	Tossed Salad	Cucumber Salad
Ghvwuw	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

Dinner

Dsshwl}hu	Toss Salad	Tomato Bocconcini Salad	Bean Salad	Carrot & Pineapple Slaw	Spinach Salad	Spring Roll	Chef's Choice
Hqwt#4	Roasted Beef w/ Yorkshire Pudding	Pork Chops w/ Mushroom Cream Sauce	Mediterranean Chicken	Sheppard's Pie	Stuffed Chicken Legs	Catch of The Day	Peri Peri Chicken
Vbgh	Garlic Mashed Potatoes	Roasted Potatoes	Boiled Potatoes	Boiled Potatoes	O'Brien Potatoes	Rice	Roasted Potatoes
Hqwt#5	Chicken Bresse	Catch of The Day	Pasta Night	Catch of The Day	Veal Cutlet	Lamb Curry	Chef's Choice
Vbgh	Saffron Rice	Coconut Rice Pilaf	Garlic Toast	Rice	Rice	Rice	Dumplings
Yhjhwedn#	Green Peas	Roasted Beets Medley	Mix Vegetables	Parsnips	Cauliflower	Herbed Zucchini	Green Beans
Yhjhwedn#	Yams	Brussel Sprouts	Zucchini	Green Beans	Peas	Carrots	Roasted Turnips
Ghvwuw	Chef's Choice	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