

Lunch

Week 4	Sun Aug 20, 2023	Mon Aug 21, 2023	Tue Aug 22, 2023	Wed Aug 23, 2023	Thur Aug 24, 2023	Fri Aug 25, 2023	Sat Aug 26, 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	Eggs Benedict	Salmon Salad Sandwich	Turkey Burger	Grilled French Toast	Grilled Rubeen Sandwich	Chicken Fajitas	Ham & Asparagus Roll
Side	Potato Wedges	Vegetable Salad	French Fries	Sausage	Onion Rings	Coleslaw	Tater Tots
Entrée 2	Seafood Salad Sandwich on Croissant	Avocado Toast	Cobb Salad	Chicken Salad Sandwich	Baked Sausage Roll	Baked Crab Cakes	Grilled Cheese & Bacon Sandwich
Side	Potato Chips	Tater Tots	Croissant	Tossed Salad	Baked Beans	Tossed Salad	Tater Tots
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	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Roast Prime Rib of Beef w/ Yorkshire Pudding	Beef Stroganoff w/ Spätzle	Pasta Night	Stuffed Pork loin w/ Apple Sauce & Pan Gravy	Chicken Shawarma	Catch of the Day	Grilled Ham Steak w/ Pineapple
Side	Garlic Mashed Potatoes	Spätzle	Garlic Toast	Mashed Potatoes	Rice	Boiled Potatoes	Scalloped Potatoes
Entrée 2	Chicken Stir Fry w/ Black Beans, Spring Rolls, & Rice	Catch of the Day	Chicken Souvlaki w/ Tzatziki Sauce	Catch of the Day	Salisbury Steak	Curry Lamb	Ukrainian Platter
Side	Rice	Rice	Rice	Rice	Mashed Potatoes	Rice	Perogies
Vegetable	Corn	Braised Red Cabbage	Ratatouille	Baked Squash	Braised Red Cabbage	Herb Zucchini	Roasted Beets
Vegetable	Broccoli w/ Hollandaise Sauce	Batons of Carrots	Baked Cauliflower	Green Peas	Snap Peas	Mexican Corn	Swiss Chord
Dessert	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.



Living Loving Local

Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea

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 Aug 20, 2023

Soup of the day

Soup of The Day

Entrée 1

Eggs Benedict

Side

Potato Wedges

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## **Entrée 2**

*Seafood Salad Sandwich on Croissant*

## **Side**

*Potato Chips*

## **Dessert**

*Assorted Desserts*

# DINNER



**Sun Aug 20, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Roast Prime Rib of Beef w/ Yorkshire Pudding*

## **Entrée 2**

*Chicken Stir Fry w/ Black Beans, Spring Rolls,  
& Rice*

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Starch

Garlic Mashed Potatoes

Vegetables

Corn

Broccoli w/ Hollandaise Sauce

Dessert

Chef's Choice

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

gs gluten sensitive
heart-smart sj super
foods



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

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foods



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LUNCH

Mon Aug 21, 2023

Soup of the day

Soup of The Day

Entrée 1

Salmon Salad Sandwich

Side

Vegetable Salad

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## Entrée 2

*Avocado Toast*

## Side

*Tater Tots*

## Dessert

*Assorted Desserts*

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

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# DINNER



**Mon Aug 21, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Beef Stroganoff w/ Spätzle*

## **Entrée 2**

*Catch of the Day*

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## **Starch**

*Spätzle*

## **Vegetables**

*Braised Red Cabbage*

*Batons of Carrots*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Tue Aug 22, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Turkey Burger*

## **Side**

*French Fries*

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Entrée 2

Cobb Salad

Side

Croissant

Dessert

Assorted Desserts

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

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DINNER



Tue Aug 22, 2023

Appetizer

Chef's Choice

Entrée 1

Pasta Night

Entrée 2

Chicken Souvlaki w/ Tzatziki Sauce

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## **Starch**

*Garlic Toast*

## **Vegetables**

*Ratatouille*

*Baked Cauliflower*

## **Dessert**

*Chef's Choice*

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full bar service available

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# LUNCH

**Wed Aug 23, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Grilled French Toast*

## **Side**

*Sausage*

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Entrée 2

Chicken Salad Sandwich

Side

Tossed Salad

Dessert

Assorted Desserts

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

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DINNER

Wed Aug 23, 2023

Appetizer

Chef's Choice

Entrée 1

*Stuffed Pork loin w/ Apple Sauce & Pan
Gravy*

Entrée 2

Catch of the Day

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## **Starch**

*Rice*

## **Vegetables**

*Baked Squash*

*Green Peas*

## **Dessert**

*Chef's Choice*

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

**Gluten Sensitive**  
**Heart-Smart**  
**Super Foods**



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# LUNCH



**Thur Aug 24, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Grilled Rueben Sandwich*

## **Side**

*Onion Rings*

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Entrée 2

Baked Sausage Roll

Side

Baked Beans

Dessert

Assorted Desserts

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full bar service available

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DINNER



Thur Aug 24, 2023

Appetizer

Chef's Choice

Entrée 1

Chicken Shawarma

Entrée 2

Salisbury Steak

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## **Starch**

*Rice*

## **Vegetables**

*Braised Red Cabbage*

*Snap Peas*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Fri Aug 25, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Chicken Fajitas*

## **Side**

*Coleslaw*

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Entrée 2

Baked Crab Cakes

Side

Tossed Salad

Dessert

Assorted Desserts

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full bar service available

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DINNER



Fri Aug 25, 2023

Appetizer

Chef's Choice

Entrée 1

Catch of the Day

Entrée 2

Curry Lamb

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## **Starch**

*Boiled Potatoes*

## **Vegetables**

*Herb Zucchini*

*Mexican Corn*

## **Dessert**

*Chef's Choice*

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

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# LUNCH

**Sat Aug 26, 2023**

## Soup of the Day

*Soup of The Day*

### Entrée 1

*Ham & Asparagus Roll*

### Side

*Tater Tots*

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Entrée 2

Grilled Cheese & Bacon Sandwich

Side

Tater Tots

Dessert

Assorted Desserts

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

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DINNER

Sat Aug 26, 2023

Appetizer

Chef's Choice

Entrée 1

Grilled Ham Steak w/ Pineapple

Entrée 2

Ukrainian Platter

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### Starch

*Pergies*

### Vegetables

*Roasted Beets*

*Swiss Chord*

### 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*

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### 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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