

Lunch

Week 4	Sun Aug 27, 2023	Mon Aug 28, 2023	Tue Aug 29, 2023	Wed Aug 30, 2023	Thur Aug 31, 2023	Fri Sept 1, 2023	Sat Sept 2, 2023
Soup	Chicken Mulligatawny	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	Open Face Smoked Salmon on Pumpernickel Bread	Chicken Wings	Chocolate Chip Pancakes	Niçoise Salad	Chicken Burger	Baked Ravioli w/Garlic Toast	Peameal Bacon w/ Mustard on Kaiser Bun
Side	Spinach Salad	Fried Rice	Ham	Scones	Onion Rings	Tossed Salad	Tater Tots
Entrée 2	English Breakfast	Ham & Asparagus Roll	Sloppy Joe	Roasted Vegetable Sandwich w/ Focaccia	Deli Sandwich	Lobster Sensation	Avocado & Crab Salad
Side	Baked Beans	Tater Tots	French Fries	Tater Tots	Coleslaw	Potato Salad	Croissant
Dessert	Nanaimo Bar	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

Dinner

Appetizer	Asian Noodle Salad	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Roast Turkey w/ Cranberry Relish	Spanish Steak	Sous Vide Pork Tenderloin w/ Mushroom Sauce	English Style Corned Beef w/ Cabbage	BBQ Baby Back Ribs	Catch of the Day	Chicken Cacciatore
Side	Garlic Mashed Potatoes	Mashed Potatoes	Lyonnaise Potatoes	Boiled Potatoes	Baked Potato	French Fries	Rice
Entrée 2	Beef Goulash w/ Noodles	Catch of the Day	Pasta Night	Catch of the Day	Chicken Curry	English Bangers & Mash	Beef Kebab
Side	Noodles	Rice	Garlic Toast		Rice	Mashed Potatoes	Rice
Vegetable	Baked Yam	Baby Carrots	Jardiniere & Root Vegetable	Broccoli	Buttered Parsnip	Cauliflower	Creamed Leek
Vegetable	Roasted Brussel Sprouts	Sauerkraut	French Cut Green Beans	Mexican Corn	Braised Red Cabbage	Green Peas	Peas & Carrots
Dessert	Blueberry Cheese Cake 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

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 27, 2023

Soup of the day

Chicken Mulligatawny

Entrée 1

*Open Face Smoked Salmon on
Pumpernickel Bread*

Side

Spinach Salad

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## **Entrée 2**

*English Breakfast*

## **Side**

*Baked Beans*

## **Dessert**

*Nanaimo Bar*

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

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heart-smart **sf**super  
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# DINNER



**Sun Aug 27, 2023**

## **Appetizer**

*Asian Noodle Salad*

## **Entrée 1**

*Roast Turkey w/ Cranberry Relish*

## **Entrée 2**

*Beef Goulash w/ Noodles*

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Starch

Garlic Mashed Potatoes

Vegetables

Baked Yam

Roasted Brussel Sprouts

Dessert

Blueberry Cheese Cake Ice Cream

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

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LUNCH

Mon Aug 28, 2023

Soup of the day

Soup of The Day

Entrée 1

Chicken Wings

Side

Fried Rice

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## Entrée 2

*Ham & Asparagus Roll*

## Side

*Tater Tots*

## Dessert

*Assorted Desserts*

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

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# DINNER

**Mon Aug 28, 2023**

## Appetizer

*Chef's Choice*

## Entrée 1

*Spanish Steak*

## Entrée 2

*Catch of the Day*

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Starch

Rice

Vegetables

Baby Carrots

Sauerkraut

Dessert

Chef's Choice

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LUNCH



Tue Aug 29, 2023

Soup of the day

Soup of The Day

Entrée 1

Chocolate Chip Pancakes

Side

Ham

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Entrée 2

Sloppy Joe

Side

French Fries

Dessert

Assorted Desserts

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

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DINNER



Tue Aug 29, 2023

Appetizer

Chef's Choice

Entrée 1

*Sous Vide Pork Tenderloin w/ Mushroom
Sauce*

Entrée 2

Pasta Night

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## **Starch**

*Lyonnaise Potatoes*

## **Vegetables**

*Jardiniere & Root Vegetable  
French Cut Green Beans*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Wed Aug 30, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Niçoise Salad*

## **Side**

*Scones*

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## **Entrée 2**

*Roasted Vegetable Sandwich w/ Focaccia*

## **Side**

*Tater Tots*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



**Wed Aug 30, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*English Style Corned Beef w/ Cabbage*

## **Entrée 2**

*Catch of the Day*

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## **Starch**

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## **Vegetables**

*Broccoli*

*Mexican Corn*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Thur Aug 31, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Chicken Burger*

## **Side**

*Onion Rings*

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## **Entrée 2**

*Deli Sandwich*

## **Side**

*Coleslaw*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



**Thur Aug 31, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*BBQ Baby Back Ribs*

## **Entrée 2**

*Chicken Curry*

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## **Starch**

*Baked Potato*

## **Vegetables**

*Buttered Parsnip*

*Braised Red Cabbage*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Fri Sept 1, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Baked Ravioli w/ Garlic Toast*

## **Side**

*Tossed Salad*

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Entrée 2

Lobster Sensation

Side

Potato Salad

Dessert

Assorted Desserts

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DINNER



Fri Sept 1, 2023

Appetizer

Chef's Choice

Entrée 1

Catch of the Day

Entrée 2

English Bangers & Mash

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## **Starch**

*French Fries*

## **Vegetables**

*Cauliflower*

*Green Peas*

## **Dessert**

*Chef's Choice*

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

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# LUNCH

**Sat Sept 2, 2023**

## Soup of the Day

*Soup of The Day*

## Entrée 1

*Peameal Bacon w/ Mustard on Kaiser Bun*

## Side

*Tater Tots*

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Entrée 2

Avocado & Crab Salad

Side

Croissant

Dessert

Assorted Desserts

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DINNER

Sat Sept 2, 2023

Appetizer

Chef's Choice

Entrée 1

Chicken Cacciatore

Entrée 2

Beef Kebab

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## Starch

*Rice*

## Vegetables

*Creamed Leek*

*Peas & Carrots*

## Dessert

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
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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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