

Week 2	Sun Sep 10, 2023	Mon Sep 11, 2023	Tue Sep 12, 2023	Wed Sep 13, 2023	Thur Sep 14, 2023	Fri Sep 15, 2023	Sat Sep 16, 2023	
Soup	 <p>Grandparents Day Brunch</p>	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		Baked Quiche	Potato Pancakes	Grilled Monte Cristo Sandwich	Chicken Crepe	Shrimp Roll	Sliced BBQ Chicken Breast on a Bun	
Side		Tossed Salad	Sausage	French Fries	Tossed Salad	Potato Salad	Potato Bites	
Entrée 2		Beef Chilli	Turkey & Cranberry Wrap	Sliced Beef Sandwich	Salmon Salad Sandwich	Baked Manicotti	Cabbage Roll	
Side		Corn Muffin	Onion Rings	Caesar Salad	Bean Salad	Toss Salad	Sausage	
Dessert		Grandparents	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	Breaded Shrimp	Beef Pot Pie	Chicken Marengo	Roasted Chicken w/ Orange Mushroom Sauce	Braised Beef Brisket	Catch of The Day	Roasted Leg of Lamb	
Side	Spanish Rice	Mashed Potatoes	Duchesse Potatoes	Mashed Potatoes	Rice	Rustic Mash	Mashed Potatoes	
Entrée 2	Lamb Souvlaki	Baked Hake w/Rice	Pasta Night	Catch of The Day	Sous Vide Duck Legs	Swedish Meatballs	Butter Chicken	
Side	Spanish Rice	Rice	Garlic Toast	Mashed Potatoes	Rice	Mashed Potatoes	Rice	
Vegetable	Butternut Squash	Braised Red Cabbage	Jardiniere & Root Vegetable	Broccoli	Buttered Parsnip	Cauliflower	Creamed Leek	
Vegetable	Mixed Vegetables	Kalebanzo	French Cut Green Beans	Mexican Corn	Braised Red Cabbage	Green Peas	Peas & Carrots	
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 Sep 10, 2023

Soup of the day

0

Entrée 1

0

Side

0

~~~

## **Entrée 2**

0

## **Side**

0

## **Dessert**

0

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

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# DINNER

  
Sun Sep 10, 2023

## Appetizer

*Chef's Choice*

## Entrée 1

*Breaded Shrimp*

## Entrée 2

*Lamb Souvlaki*

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Starch

Spanish Rice

Vegetables

Butternut Squash

Mixed Vegetables

Dessert

Chef's Choice

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LUNCH

Mon Sep 11, 2023

Soup of the day

Soup of The Day

Entrée 1

Baked Quiche

Side

Tossed Salad

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## Entrée 2

*Beef Chilli*

## Side

*Corn Muffin*

## Dessert

*Assorted Desserts*

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# DINNER

**Mon Sep 11, 2023**

## Appetizer

*Chef's Choice*

## Entrée 1

*Beef Pot Pie*

## Entrée 2

*Baked Hake w/ Rice*

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Starch

Mashed Potatoes

Vegetables

Braised Red Cabbage

Kalebanzo

Dessert

Chef's Choice

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LUNCH



Tue Sep 12, 2023

Soup of the day

Soup of The Day

Entrée 1

Potato Pancakes

Side

Sausage

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## **Entrée 2**

*Turkey & Cranberry Wrap*

## **Side**

*Onion Rings*

## **Dessert**

*Assorted Desserts*

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full bar service available

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# DINNER



**Tue Sep 12, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Chicken Marengo*

## **Entrée 2**

*Pasta Night*

~~~

Starch

Duchesse Potatoes

Vegetables

Jardiniere & Root Vegetable

French Cut Green Beans

Dessert

Chef's Choice

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LUNCH

Wed Sep 13, 2023

Soup of the day

Soup of The Day

Entrée 1

Grilled Monte Cristo Sandwich

Side

French Fries

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## **Entrée 2**

*Sliced Beef Sandwich*

## **Side**

*Caesar Salad*

## **Dessert**

*Assorted Desserts*

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

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# DINNER

**Wed Sep 13, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Roasted Chicken w/ Orange Mushroom  
Sauce*

## **Entrée 2**

*Catch of The Day*

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Starch

Mashed Potatoes

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 Sep 14, 2023

Soup of the Day

Soup of The Day

Entrée 1

Chicken Crepe

Side

Tossed Salad

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## **Entrée 2**

*Salmon Salad Sandwich*

## **Side**

*Bean Salad*

## **Dessert**

*Assorted Desserts*

# DINNER



**Thur Sep 14, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Braised Beef Brisket*

## **Entrée 2**

*Sous Vide Duck Legs*

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Starch

Rice

Vegetables

Acorn Squash

Braised Red Cabbage

Dessert

Chef's Choice

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full bar service available

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LUNCH



Fri Sep 15, 2023

Soup of the day

Soup of The Day

Entrée 1

Shrimp Roll

Side

Potato Salad

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## **Entrée 2**

*Baked Manicotti*

## **Side**

*Toss Salad*

## **Dessert**

*Assorted Desserts*

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# DINNER



**Fri Sep 15, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Catch of The Day*

## **Entrée 2**

*Swedish Meatballs*

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## **Starch**

*Rustic Mash*

## **Vegetables**

*Cauliflower*

*Green Peas*

## **Dessert**

*Chef's Choice*

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# LUNCH

**Sat Sep 16, 2023**

## Soup of the Day

*Soup of The Day*

### Entrée 1

*Sliced BBQ Chicken Breast on a Bun*

### Side

*Potato Bites*

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Entrée 2

Cabbage Roll

Side

Sausage

Dessert

Assorted Desserts

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DINNER

Sat Sep 16, 2023

Appetizer

Chef's Choice

Entrée 1

Roasted Leg of Lamb

Entrée 2

Butter Chicken

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### Starch

*Mashed Potatoes*

### Vegetables

*Creamed Leek*

*Peas & Carrots*

### Dessert

*Chef's Choice*

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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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