

**Lunch**

Week 2	Sun Sep 17, 2023	Mon Sep 18, 2023	Tue Sep 19, 2023	Wed Sep 20, 2023	Thur Sep 21, 2023	Fri Sep 22, 2023	Sat Sep 23, 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 & Cheese Omelet	Tuna & Artichoke Melt on English Muffin	Hot Beef Dip	Fish Sticks w/ Coleslaw	Meatballs on Sub	Pastrami on Rye Sandwich	Western Sandwich
Side	Tater Tots	Yam Fries	Tater Tots	Fries	Tater Tots	Vegetable Salad	Tater Tots
Entrée 2	Vegetable Club Sandwich	Slice Ham & Swiss Cheese on Multigrain	Cold Seafood Platter	BBQ Pork on Slider Bun	Chicken Caesar Salad	Baked Eggs w/ Tomato Sauce	Samosa w/ Mango Chutney
Side	Potato Chips	Cucumber Dill Salad	Croissant	Fries	Bistro Bun	Multigrain Toast	Tossed 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	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Apple Cider, Mustard & Sage Glazed Ham	Roast Leg of Veal w/ Mint Jelly	Pork Picatta	Chicken Parmigiana	Open Face Turkey Sandwich	Catch of The Day	Chef's Choice
Side	Scalloped Potatoes	Mashed Potatoes	Rice	Pasta	Roasted Potatoes	Parsley Boiled Potato	Mashed Potato
Entrée 2	Chicken Kiev	Catch of The Day	Pasta Night	Catch of The Day	Lamb Curry	Veal Scallopini w/ Rice	Peri Peri Chicken
Side	Polenta	Rice Pilaf	Garlic Toast	Rice	Roasted Potatoes	Rice	Dumplings
Vegetable	Brussel Sprouts	Butternut Squash	Broccoli	Corn	Braised Red Cabbage	Parsnips	Golden Beets
Vegetable	Red Beets	French Beans	Spaghetti Squash	Mixed Vegetables	Green Beans	Creamy Spinach	Mix Vegetables
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 &amp; Yogurt

# LUNCH



**Sun Sep 17, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Salsa & Cheese Omelet*

## **Side**

*Tater Tots*

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## **Entrée 2**

*Vegetable Club Sandwich*

## **Side**

*Potato Chips*

## **Dessert**

*Assorted Desserts*

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

**gs**gluten sensitive  
heart-smart **sf**super  
foods



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# DINNER

  
Sun Sep 17, 2023

## Appetizer

*Chef's Choice*

## Entrée 1

*Apple Cider, Mustard & Sage Glazed Ham*

## Entrée 2

*Chicken Kiev*

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## Starch

*Scalloped Potatoes*

## Vegetables

*Brussel Sprouts*

*Red Beets*

## Dessert

*Chef's Choice*

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

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# LUNCH

Mon Sep 18, 2023

## Soup of the day

*Soup of The Day*

## Entrée 1

*Tuna & Artichoke Melt on English Muffin*

## Side

*Yam Fries*

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## Entrée 2

*Slice Ham & Swiss Cheese on Multigrain*

## Side

*Cucumber Dill Salad*

## Dessert

*Assorted Desserts*

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# DINNER

Mon Sep 18, 2023

## Appetizer

*Chef's Choice*

## Entrée 1

*Roast Leg of Veal w/ Mint Jelly*

## Entrée 2

*Catch of The Day*

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## Starch

*Mashed Potatoes*

## Vegetables

*Butternut Squash*

*French Beans*

## Dessert

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
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# LUNCH



**Tue Sep 19, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Hot Beef Dip*

## **Side**

*Tater Tots*

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## **Entrée 2**

*Cold Seafood Platter*

## **Side**

*Croissant*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



**Tue Sep 19, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Pork Picatta*

## **Entrée 2**

*Pasta Night*

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## **Starch**

*Rice*

## **Vegetables**

*Broccoli*

*Spaghetti Squash*

## **Dessert**

*Chef's Choice*

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

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# LUNCH

**Wed Sep 20, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Fish Sticks w/ Coleslaw*

## **Side**

*Fries*

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## **Entrée 2**

*BBQ Pork on Slider Bun*

## **Side**

*Fries*

## **Dessert**

*Assorted Desserts*

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

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# DINNER

**Wed Sep 20, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Chicken Parmigiana*

## **Entrée 2**

*Catch of The Day*

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## **Starch**

*Pasta*

## **Vegetables**

*Corn*

*Mixed Vegetables*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Thur Sep 21, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Meatballs on Sub*

## **Side**

*Tater Tots*

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## **Entrée 2**

*Chicken Caesar Salad*

## **Side**

*Bistro Bun*

## **Dessert**

*Assorted Desserts*

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# DINNER



**Thur Sep 21, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Open Face Turkey Sandwich*

## **Entrée 2**

*Lamb Curry*

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## **Starch**

*Roasted Potatoes*

## **Vegetables**

*Swiss Chard*

*Green Beans*

## **Dessert**

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
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# LUNCH



**Fri Sep 22, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Pastrami on Rye Sandwich*

## **Side**

*Vegetable Salad*

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## **Entrée 2**

*Baked Eggs w/ Tomato Sauce*

## **Side**

*Multigrain Toast*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
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# DINNER



**Fri Sep 22, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Catch of The Day*

## **Entrée 2**

*Veal Scallopini w/ Rice*

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## **Starch**

*Parsley Boiled Potato*

## **Vegetables**

*Parsnips*

*Creamy Spinach*

## **Dessert**

*Chef's Choice*

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# LUNCH

**Sat Sep 23, 2023**

## Soup of the Day

*Soup of The Day*

## Entrée 1

*Western Sandwich*

## Side

*Tater Tots*

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## Entrée 2

*Samosa w/ Mango Chutney*

## Side

*Tossed Salad*

## Dessert

*Assorted Desserts*

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

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# DINNER

**Sat Sep 23, 2023**

## Appetizer

*Chef's Choice*

## Entrée 1

*Chef's Choice*

## Entrée 2

*Peri Peri Chicken*

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## Starch

*Mashed Potato*

## Vegetables

*Golden Beets*

*Mix Vegetables*

## 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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