



Weekly Menu Week 4
Lunch

Week 4	Sun Oct 22, 2023	Mon Oct 23, 2023	Tue Oct 24, 2023	Wed Oct 25, 2023	Thur Oct 26, 2023	Fri Oct 27, 2023	Sat Oct 28, 2023
Soup	Cream of Celery	Cream of Chicken	Moroccan Style Chickpea & Lamb	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day
Entrée 1	Vegetable Club House Sandwich	Sloppy Joe Sandwich	French Toast	Grilled Monte Cristo Sandwich	Chicken Crepe	Avocado & Crab Salad	Chicken Salad w/ Sliced Avocado
Side	Pasta Salad	French Fries	Roasted Sausage	Hot Potato Bites	Tossed Salad	Fresh Croissant	Cucumber Dill
Entrée 2	Chicken & Waffles w/Maple Syrup	Shrimp Roll w/Celery	Turkey Bacon & Cheddar on Bistro Bun	Baked Tortellini w/ Rosé Sauce	Grilled Cheese Sandwich	Baked Quiche w/ Tomato Aspic	Baked Sausage Roll
Side	1/2 Grilled Tomato	Potato Salad	Marinated Vegetable Salad	Tossed Salad	Potato Chips	Tossed Salad	Baked Beans
Dessert	Almond Gelato	Blueberry Crumble	Coconut Pudding	Assorted Dessert	Assorted Dessert	Assorted Dessert	Assorted Dessert
Dinner							
Appetizer	Olive Bruschetta	Bean Salad	Spring Roll	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Roast 1/4 Chicken w/ Cranberry Relish	Corned Beef w/Cabbage	BBQ Pork Shank	Beef Goulash	BBQ Baby Back Ribs	Catch of the Day	Salisbury Steak
Side	Rustic Mashed Potatoes	Boiled Potatoes	Mashed Potatoes	Lyonnais Potatoes	Baked Potato	Croquette	Mashed Potatoes
Entrée 2	Lamb Kebab w/ Polenta	Fisherman's Platter w/Rice	Creamy Shrimp Linguine w/Garlic Toast	Catch of the Day	Turkey a La King on Pastry	Chicken Curry	Mediterranean Chicken
Side	Polenta	Rice	Garlic Toast	Lyonnais Potatoes	Baked Potato	Croquette	Mashed Potatoes
Vegetable	Spaghetti Squash	French Beans	Butternut Squash	Broccoli	Buttered Parsnip	Cauliflower	Creamed Leek
Vegetable	Turnips	Cabbage	Kalebanzo	Mexican Corn	Braised Red Cabbage	Green Peas	Peas & Carrots
Dessert	Caramel Gelato	Coffee Cake	Apple Strudel	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 Oct 22, 2023

Soup of the day

Cream of Celery

Entrée 1

Vegetable Club House Sandwich

Side

Pasta Salad

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## Entrée 2

*Chicken & Waffles w/ Maple Syrup*

## Side

*1/2 Grilled Tomato*

## Dessert

*Almond Gelato*

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

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# DINNER



**Sun Oct 22, 2023**

## Appetizer

*Olive Bruschetta*

## Entrée 1

*Roast 1/4 Chicken w/ Cranberry Relish*

## Entrée 2

*Lamb Kebab w/ Polenta*

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Starch

Rustic Mashed Potatoes

Vegetables

Spaghetti Squash

Turnips

Dessert

Caramel Gelato

fruit juice, fresh brewed coffee, assorted teas
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LUNCH

Mon Oct 23, 2023

Soup of the day

Cream of Chicken

Entrée 1

Sloppy Joe Sandwich

Side

French Fries

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## Entrée 2

*Shrimp Roll w/ Celery*

## Side

*Potato Salad*

## Dessert

*Blueberry Crumble*

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

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# DINNER

**Mon Oct 23, 2023**

## Appetizer

*Bean Salad*

## Entrée 1

*Corned Beef w/ Cabbage*

## Entrée 2

*Fisherman's Platter w/ Rice*

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Starch

Boiled Potatoes

Vegetables

French Beans

Cabbage

Dessert

Coffee Cake

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LUNCH



Tue Oct 24, 2023

Soup of the day

Moroccan Style Chickpea & Lamb

Entrée 1

French Toast

Side

Roasted Sausage

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## **Entrée 2**

*Turkey Bacon & Cheddar on Bistro Bun*

## **Side**

*Marinated Vegetable Salad*

## **Dessert**

*Coconut Pudding*

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

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# DINNER



**Tue Oct 24, 2023**

## **Appetizer**

*Spring Roll*

## **Entrée 1**

*BBQ Pork Shank*

## **Entrée 2**

*Creamy Shrimp Linguine w/ Garlic Toast*

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Starch

Mashed Potatoes

Vegetables

Butternut Squash

Kalebanzo

Dessert

Apple Strudel

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LUNCH



Wed Oct 25, 2023

Soup of the day

Soup of The Day

Entrée 1

Grilled Monte Cristo Sandwich

Side

Hot Potato Bites

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## **Entrée 2**

*Baked Tortellini w/ Rosé Sauce*

## **Side**

*Tossed Salad*

## **Dessert**

*Assorted Dessert*

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

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# DINNER



**Wed Oct 25, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Beef Goulash*

## **Entrée 2**

*Catch of the Day*

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Starch

Lyonnaise 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 Oct 26, 2023

Soup of the Day

Soup of The Day

Entrée 1

Chicken Crepe

Side

Tossed Salad

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## **Entrée 2**

*Grilled Cheese Sandwich*

## **Side**

*Potato Chips*

## **Dessert**

*Assorted Dessert*

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

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# DINNER



**Thur Oct 26, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*BBQ Baby Back Ribs*

## **Entrée 2**

*Turkey a La King on Pastry*

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## **Starch**

*Baked Potato*

## **Vegetables**

*Acorn Squash*

*Braised Red Cabbage*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Fri Oct 27, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Avocado & Crab Salad*

## **Side**

*Fresh Croissant*

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Entrée 2

Baked Quiche w/ Tomato Aspic

Side

Tossed Salad

Dessert

Assorted Dessert

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DINNER



Fri Oct 27, 2023

Appetizer

Chef's Choice

Entrée 1

Catch of the Day

Entrée 2

Chicken Curry

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## **Starch**

*Croquette*

## **Vegetables**

*Cauliflower*

*Green Peas*

## **Dessert**

*Chef's Choice*

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# LUNCH



**Sat Oct 28, 2023**

## Soup of the Day

*Soup of The Day*

### Entrée 1

*Chicken Salad w/ Sliced Avocado*

### Side

*Cucumber Dill*

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Entrée 2

Baked Sausage Roll

Side

Baked Beans

Dessert

Assorted Dessert

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DINNER



Sat Oct 28, 2023

Appetizer

Chef's Choice

Entrée 1

Salisbury Steak

Entrée 2

Mediterranean Chicken

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### Starch

*Mashed Potatoes*

### Vegetables

*Creamed Leek*

*Peas & Carrots*

### Dessert

*Chef's Choice*

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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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