

**Lunch**

Week 1	Sun Oct 29, 2023	Mon Oct 30, 2023	Tue Oct 31, 2023	Wed Nov 1 2023	Thur Nov 2, 2023	Fri Nov 3, 2023	Sat Nov 4, 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	Chicken Quesadilla	Turkey & Cranberry Wrap	Chicken Wings	Hot Beef Dip	Roasted Veg Sandwich on Focaccia	Chicken Fajitas	Grilled Rubeen Sandwich
Side	Tater Tots	Tomato & Onion Salad	Oriental Fried Rice	French Fries	Tater Tots	Onion Rings	French Fries
Entrée 2	Poutine	Crab Cakes	Minced Ham Sandwich	Samosa w/ Mango Chutney	Perogies	Fish Burgers	Chef's Choice
Side	Fried Egg	Tossed Salad	Coleslaw	Tossed Salad	Coil Sausage	Onion Rings	Croissant
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	Roasted Barron of Beef w/ Yorkshire Pudding	Breaded Beef Liver w/ Onion & Bacon	California Stuffed Chicken Breasts	Grilled Ham Steak w/ Pineapple Teriyaki Glaze	Slow Cooked Pot Roast	Catch Of The Day	Ginger Beef
Side	Rustic Mashed Potatoes	Parsley Potatoes	Parmesan Roasted Potatoes	Scalloped Potatoes	Spaetzle	Rice	Rice
Entrée 2	Breaded Shrimp	Catch of The Day	Pasta Night	Catch of The Day	Chef's Choice	Veal Chasseur	Chicken Adobo w/ Rice
Side	Spanish Rice	Rice	Garlic Toast	Boiled Potatoes	Baked Potato	Rice	Rice
Vegetable	Yam	Roast Baby Corn	Broccoli	Snap Peas	Corn	Batton's of Carrots	Stir Fry Vegetables
Vegetable	Brussel Sprouts	Green Beans	Acorn Squash	Parsnips	Baked Beans	Herb Zucchini	
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 Oct 29, 2023**

## Soup of the day

*Soup of The Day*

## Entrée 1

*Chicken Quesadilla*

## Side

*Tater Tots*

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## Entrée 2

*Poutine*

## Side

*Fried Egg*

## Dessert

*Assorted Desserts*

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

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foods



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# DINNER



**Sun Oct 29, 2023**

## Appetizer

*Chef's Choice*

## Entrée 1

*Roasted Barron of Beef w/ Yorkshire Pudding*

## Entrée 2

*Breaded Shrimp*

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## Starch

*Rustic Mashed Potatoes*

## Vegetables

*Yam*

*Brussel Sprouts*

## Dessert

*Chef's Choice*

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

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# LUNCH

Mon Oct 30, 2023

## Soup of the day

*Soup of The Day*

## Entrée 1

*Turkey & Cranberry Wrap*

## Side

*Tomato & Onion Salad*

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## Entrée 2

*Crab Cakes*

## Side

*Tossed Salad*

## Dessert

*Assorted Desserts*

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full bar service available

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# DINNER

Mon Oct 30, 2023

## Appetizer

*Chef's Choice*

## Entrée 1

*Breaded Beef Liver w/ Onion & Bacon*

## Entrée 2

*Catch of The Day*

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## Starch

*Parsley Potatoes*

## Vegetables

*Roast Baby Corn*

*Green Beans*

## Dessert

*Chef's Choice*

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

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# LUNCH



**Tue Oct 31, 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Chicken Wings*

## **Side**

*Oriental Fried Rice*

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## **Entrée 2**

*Minced Ham Sandwich*

## **Side**

*Coleslaw*

## **Dessert**

*Assorted Desserts*

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# DINNER



**Tue Oct 31, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*California Stuffed Chicken Breasts*

## **Entrée 2**

*Pasta Night*

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## **Starch**

*Parmesan Roasted Potatoes*

## **Vegetables**

*Broccoli*

*Acorn Squash*

## **Dessert**

*Chef's Choice*

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# LUNCH



**Wed Nov 1 2023**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Hot Beef Dip*

## **Side**

*French Fries*

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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



**Wed Nov 1 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Grilled Ham Steak w/ Pineapple Teriyaki  
Glaze*

## **Entrée 2**

*Catch of The Day*

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## **Starch**

*Boiled Potatoes*

## **Vegetables**

*Snap Peas*

*Parsnips*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Thur Nov 2, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Roasted Veg Sandwich on Focaccia*

## **Side**

*Tater Tots*

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## **Entrée 2**

*Perogies*

## **Side**

*Coil Sausage*

## **Dessert**

*Assorted Desserts*

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# DINNER



**Thur Nov 2, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Slow Cooked Pot Roast*

## **Entrée 2**

*Chef's Choice*

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## **Starch**

*Spaetzle*

## **Vegetables**

*Corn*

*Baked Beans*

## **Dessert**

*Chef's Choice*

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# LUNCH

Fri Nov 3, 2023

## Soup of the day

*Soup of The Day*

## Entrée 1

*Chicken Fajitas*

## Side

*Onion Rings*

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## Entrée 2

*Fish Burgers*

## Side

*Onion Rings*

## Dessert

*Assorted Desserts*

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# DINNER

Fri Nov 3, 2023

## Appetizer

*Chef's Choice*

## Entrée 1

*Catch Of The Day*

## Entrée 2

*Veal Chasseur*

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## Starch

*Rice*

## Vegetables

*Batton's of Carrots*

*Herb Zucchini*

## Dessert

*Chef's Choice*

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# LUNCH



**Sat Nov 4, 2023**

## **Soup of the Day**

*Soup of The Day*

### **Entrée 1**

*Grilled Rubeen Sandwich*

### **Side**

*French Fries*

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### **Entrée 2**

*Chef's Choice*

### **Side**

*Croissant*

### **Dessert**

*Assorted Desserts*

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# DINNER



**Sat Nov 4, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Ginger Beef*

## **Entrée 2**

*Chicken Adobo w/ Rice*

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## **Starch**

*Rice*

## **Vegetables**

*Stir Fry 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*

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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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