



Lunch

Week 3	Sun Jan 14, 2023	Mon Jan 15, 2024	Tue Jan 16, 2024	Wed Jan 17, 2024	Thur Jan 18, 2024	Fri Jan 19, 2024	Sat Jan 20, 2024
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	Egg Benedict	Grilled Peameal Bacon on Croissant Bun	Western Sandwich	Baked Macaroni & Cheese	Egg Salad Sandwich	Tuna Salad Sandwich	Sliced Turkey Sandwich
Side	Hash Browns	Tater Tots	Marinated Vegetable Salad	Tossed Salad	Fresh Grapes	Pasta Salad	Cranberry Salad
Entrée 2	Sliced Roast Beef Sandwich	Baked Pizza	Grilled Crab Cakes	Broiled Hot Dog	Baked Sausage Roll	BBQ Pork on a Bun	Grilled Pancakes
Side	Potato Salad	Greek Salad	Green Salad	Sweet Potato Fries	Tossed Salad	Wedge Fries	Sausages
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

Dinner

Appetizer	Cheese Plates	Cucumber Salad	Tossed Salad	Relish Plate	Four Bean Salad	Greek Salad	Marinated Tomato Salad
Entrée 1	Roast Beef Striploin w/Peppercorn Sauce	Baked Meatloaf w/Hunter Sauce	Chicken Morengo	Sauteed Beef Tenderloin Tips w/Mushroom	Grilled Ham Steak	Catch of the Day	Grilled Veal Liver w/Onions
Side	Roasted Potatoes	Boiled Potatoes	Duchesse Potatoes	Duchess Potatoes	Scalloped Potatoes	Boiled Potatoes	Mashed Potatoes
Entrée 2	Coquilles St.Jacques	Catch of the Day	Pasta Night	Catch of the Day	Oriental Style Ginger Chicken	Eggplant Moussaka	Turkey a' La King on Pastry
Side	Baked Mashed Potatoes	Boiled Potatoes	Garlic Toast	Rice	Baked Potatoes	Boiled Potatoes	Mashed Potatoes
Vegetable	Baked Ratatullie	Carrots Battons	Baked Yams	Broccoli	Buttered Parsnips	Cauliflower	Garden Mixed Vegetables
Vegetable	Peas & Carrots	Sauerkraut	Green Beans w/Almonds	Harvard Beets	Baked Beans	Green Peas	Lima Beans
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 Jan 14, 2023

Soup of the day

Soup of The Day

Entrée 1

Egg Benedict

Side

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## **Entrée 2**

*Sliced Roast Beef Sandwich*

## **Side**

*Potato Salad*

## **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 Jan 14, 2023**

## **Appetizer**

*Cheese Plates*

## **Entrée 1**

*Roast Beef Striploin w/ Peppercorn Sauce*

## **Entrée 2**

*Coquilles St. Jacques*

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Starch

Roasted Potatoes

Vegetables

Baked Ratatouille

Peas & Carrots

Dessert

Chef's Choice

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

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LUNCH



Mon Jan 15, 2024

Soup of the day

Soup of The Day

Entrée 1

Grilled Peameal Bacon on Croissant Bun

Side

Tater Tots

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## **Entrée 2**

*Baked Pizza*

## **Side**

*Greek Salad*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



**Mon Jan 15, 2024**

## **Appetizer**

*Cucumber Salad*

## **Entrée 1**

*Baked Meatloaf w/ Hunter Sauce*

## **Entrée 2**

*Catch of the Day*

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Starch

Boiled Potatoes

Vegetables

Carrots Battons

Sauerkraut

Dessert

Chef's Choice

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LUNCH



Tue Jan 16, 2024

Soup of the day

Soup of The Day

Entrée 1

Western Sandwich

Side

Marinated Vegetable Salad

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**Entrée 2**

*Grilled Crab Cakes*

**Side**

*Green Salad*

**Dessert**

*Assorted Desserts*

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

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# DINNER



**Tue Jan 16, 2024**

## **Appetizer**

*Tossed Salad*

## **Entrée 1**

*Chicken Morengo*

## **Entrée 2**

*Pasta Night*

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Starch

Duchesse Potatoes

Vegetables

Baked Yams

Green Beans w/ Almonds

Dessert

Chef's Choice

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LUNCH



Wed Jan 17, 2024

Soup of the day

Soup of The Day

Entrée 1

Baked Macaroni & Cheese

Side

Tossed Salad

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## **Entrée 2**

*Broiled Hot Dog*

## **Side**

*Sweet Potato Fries*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



**Wed Jan 17, 2024**

## **Appetizer**

*Relish Plate*

## **Entrée 1**

*Sauteed Beef Tenderloin Tips  
w/ Mushroom*

## **Entrée 2**

*Catch of the Day*

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Starch

Rice

Vegetables

Broccoli

Harvard Beets

Dessert

Chef's Choice

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

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LUNCH



Thur Jan 18, 2024

Soup of the Day

Soup of The Day

Entrée 1

Egg Salad Sandwich

Side

Fresh Grapes

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## **Entrée 2**

*Baked Sausage Roll*

## **Side**

*Tossed Salad*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



**Thur Jan 18, 2024**

## **Appetizer**

*Four Bean Salad*

## **Entrée 1**

*Grilled Ham Steak*

## **Entrée 2**

*Oriental Style Ginger Chicken*

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Starch

Scalloped Potatoes

Vegetables

Buttered Parsnips

Baked Beans

Dessert

Chef's Choice

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

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LUNCH

Fri Jan 19, 2024

Soup of the day

Soup of The Day

Entrée 1

Tuna Salad Sandwich

Side

Pasta Salad

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## Entrée 2

*BBQ Pork on a Bun*

## Side

*Wedge Fries*

## Dessert

*Assorted Desserts*

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

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# DINNER

**Fri Jan 19, 2024**

## Appetizer

*Greek Salad*

## Entrée 1

*Catch of the Day*

## Entrée 2

*Eggplant Moussaka*

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Starch

Boiled Potatoes

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 Jan 20, 2024

Soup of the Day

Soup of The Day

Entrée 1

Sliced Turkey Sandwich

Side

Cranberry Salad

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Entrée 2

Grilled Pancakes

Side

Sausages

Dessert

Assorted Desserts

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

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DINNER



Sat Jan 20, 2024

Appetizer

Marinated Tomato Salad

Entrée 1

Grilled Veal Liver w/ Onions

Entrée 2

Turkey a' La King on Pastry

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## **Starch**

*Mashed Potatoes*

## **Vegetables**

*Garden Mixed Vegetables*

*Lima Beans*

## **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*

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### Build your own Omelette

*Ham, Mushroom, Shrimp, Fresh Herbs, Cheese*

### Fresh Fruit Plate

With Cottage Cheese



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