

Week 4	Sun Feb 18, 2024	Mon Feb 19, 2024	Tue Feb 20, 2024	Wed Feb 21,2024	Thur Feb 22, 2024	Fri Feb 23, 2024	Sat Feb 24, 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	Corned Beef Hash w/Poached Egg	Salmon Salad Sandwich	Grilled Cheese Sandwich	Philly Steak on a Bun	Turkey Salad Sandwich	BLT	Grilled Reuben Sandwich
Side	Grilled Tomato	Marinated Vegetable Salad	Broccoli Slaw	Onion Rings	Cranberry Salad	French Fries	Coleslaw
Entrée 2	Sliced Black forest Ham and Swiss	Broiled Hamburger	Shrimp Caesar Salad	Baked Cannelloni	National Chili Day	Cobb Salad	Seafood Croissant
Side	Potato Salad	French Fries	Freshly Baked Croissant	Garlic Toast	Corn Bread	Bun	Potato Salad
Dessert	Date Square	Fruit Yogurt	Tapioca Pudding	Pear Halves	Butterscotch Pudding	Ambrosia Salad	Tropical Fruit Salad
Dinner							
Appetizer	French Onion Soup	Mixed Pickles and Olives	Beet Salad	Olive Bruschetta	 <p>Living Loving Local: Beef</p> 	Claremont Salad	Bean Salad
Entrée 1	Roast Beef Striploin	Grilled Chicken Breast	Roast Pork w/Apple Sauce	Corned Beef w/Cabbage		Catch of the Day	Turkey Picatta w/Marinara Sauce
Side	Stuffed Baked Potato	Lyonnaise Potatoes	Rice	Boiled Potatoes		Boiled Potatoes	Croquette Potatoes
Entrée 2	Thai Chicken Stir Fry	Catch of the Day	Pasta Night	Catch of the Day		Cabbage Roll	Sweet & Sour Meatballs
Side	Stuffed Baked Potato	Lyonnaise Potatoes	Garlic Toast	Rice		Boiled Potatoes	Rice
Vegetable	Ratatullie	Baked Butternut Squash	Broccoli Hollandaise	Steamed Parsnips		Stuffed Zucchini	Baked Cauliflower
Vegetable	Green Peas with Onions	Green Beans	Mexican Corn	Cabbage		Jardiniere of Vegetables	Sugar Snap Peas
Dessert	Pineapple Sundae	Baked Apple Pie	Jelly Roll	Chef's Choice		Crème Caramel	Angel Food Cake

* Menu item contains a Superfood.



Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea



Living Loving Local

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 Feb 18, 2024

Soup of the day

Soup of The Day

Entrée 1

Corned Beef Hash w/ Poached Egg

Side

Grilled Tomato

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### **Entrée 2**

*Sliced Black forest Ham and Swiss*

### **Side**

*Potato Salad*

### **Dessert**

*Date Square*

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

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# DINNER



**Sun Feb 18, 2024**

## **Appetizer**

*French Onion Soup*

### **Entrée 1**

*Roast Beef Striploin*

### **Entrée 2**

*Thai Chicken Stir Fry*

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Starch

Stuffed Baked Potato

Vegetables

Ratatouille

Green Peas with Onions

Dessert

Pineapple Sundae

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

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LUNCH

Mon Feb 19, 2024

Soup of the day

Soup of The Day

Entrée 1

Salmon Salad Sandwich

Side

Marinated Vegetable Salad

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## Entrée 2

*Broiled Hamburger*

## Side

*French Fries*

## Dessert

*Fruit Yogurt*

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

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# DINNER

Mon Feb 19, 2024

## Appetizer

*Mixed Pickles and Olives*

## Entrée 1

*Grilled Chicken Breast*

## Entrée 2

*Catch of the Day*

*Lyonnais Potatoes*

## Starch

*Lyonnais Potatoes*

## Vegetables

*Baked Butternut Squash*

*Green Beans*

## Dessert

*Baked Apple Pie*

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

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# LUNCH



**Tue Feb 20, 2024**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Grilled Cheese Sandwich*

## **Side**

*Broccoli Slaw*

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Entrée 2

Shrimp Caesar Salad

Side

Freshly Baked Croissant

Dessert

Tapioca Pudding

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

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DINNER



Tue Feb 20, 2024

Appetizer

Beet Salad

Entrée 1

Roast Pork w/ Apple Sauce

Entrée 2

Pasta Night

Garlic Toast

Starch

Garlic Toast

Vegetables

Broccoli Hollandaise

Mexican Corn

Dessert

Jelly Roll

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

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LUNCH



Wed Feb 21, 2024

Soup of the day

Soup of The Day

Entrée 1

Philly Steak on a Bun

Side

Onion Rings

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## **Entrée 2**

*Baked Cannelloni*

## **Side**

*Garlic Toast*

## **Dessert**

*Pear Halves*

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

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# DINNER



**Wed Feb 21, 2024**

## **Appetizer**

*Olive Bruschetta*

## **Entrée 1**

*Corned Beef w/ Cabbage*

## **Entrée 2**

*Catch of the Day*

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## **Starch**

*Boiled Potatoes*

## **Vegetables**

*Steamed Parsnips*

*Cabbage*

## **Dessert**

*Chef's Choice*

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

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**Heart-Smart *Super***  
**Foods**



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# LUNCH



**Thur Feb 22, 2024**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Turkey Salad Sandwich*

## **Side**

*Cranberry Salad*

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Entrée 2

National Chili Day

Side

Corn Bread

Dessert

Butterscotch Pudding

DINNER



Thur Feb 22, 2024

Appetizer

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Entrée 1

0

Entrée 2

0

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## **Starch**

0

## **Vegetables**

0

0

## **Dessert**

0

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

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

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# LUNCH

**Fri Feb 23, 2024**

## Soup of the day

*Soup of The Day*

### Entrée 1

*BLT*

### Side

*French Fries*

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Entrée 2

Cobb Salad

Side

Bun

Dessert

Ambrosia Salad

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

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DINNER

Fri Feb 23, 2024

Appetizer

Claremont Salad

Entrée 1

Catch of the Day

Entrée 2

Cabbage Roll

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### Starch

*Boiled Potatoes*

### Vegetables

*Stuffed Zucchini*

*Jardiniere of Vegetables*

### Dessert

*Crème Caramel*

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

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# LUNCH

Sat Feb 24, 2024

## Soup of the Day

*Soup of The Day*

### Entrée 1

*Grilled Reuben Sandwich*

### Side

*Coleslaw*

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Entrée 2

Seafood Croissant

Side

Potato Salad

Dessert

Tropical Fruit Salad

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

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DINNER



Sat Feb 24, 2024

Appetizer

Bean Salad

Entrée 1

Turkey Picatta w/ Marinara Sauce

Entrée 2

Sweet & Sour Meatballs

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## **Starch**

*Croquette Potatoes*

## **Vegetables**

*Baked Cauliflower*

*Sugar Snap Peas*

## **Dessert**

*Angel Food Cake*

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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