

**Lunch**

Week 1	Sun Apr 28, 2024	Mon Apr 29, 2024	Tue Apr 30, 2024	Wed May 01, 2024	Thur May 02, 2024	Fri May 03, 2024	Sat May 04, 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	Salmon in Puff Pastry	Turkey Chilli	Bratwurst Sausage w/ Sauerkraut	Beef Taco	Chicken Crepe	Tuna & Artichoke Melt on English Muffin	Peameal Bacon w/ Fried Egg Mustard Focaccia Bun
Side	Home Fried Potatoes	Corn Muffin	Warm Potato Salad	Red Bean Rice	Tossed Salad	Tater Tots	Curly Fries
Entrée 2	Chicken Quesadilla	Sliced Smoked Meat on Rye	Avocado Toast	Grilled Cheese & Tomato Sandwich	Sliced Roast Beef Sandwich	Shrimp Roll	Cobb Salad
Side	Tater Tots	Coleslaw / Pickles	Poached Egg	Marinated Veg Salad	Caesar Salad	Potato Salad	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	Roast 1/4 Chicken w/ Cranberry Relish	English Style Corned Beef	Chicken Marengo	Meatball Stroganoff w/Mushroom Sauce	Breaded Beef Short Ribs	Catch of The Day	Roast Pork w/Apple Sauce
Side	Roasted Potatoes	Parsley Boiled Potatoes	Mushroom Pilaf	Spaetzle	Mashed Potatoes	Mashed Potatoes	Roasted Potatoes
Entrée 2	Broiled Lamb Chops	Catch of The Day	Pasta Night	Catch of The Day	Chef's Choice	English Bangers w/ Mashed Potatoes	Chef's Choice
Side	Roasted Potatoes	Boiled Potatoes	Garlic Toast	Rice	Mashed Potatoes	Mashed Potatoes	Egg Noodle
Vegetable	Baked Yam	Baby Carrots	Jardiniere & Root Veg	Zucchini	Buttered Parsnips	Creamy Onions	Baked Cauliflower
Vegetable	Roasted Brussel Sprouts	Steamed Cabbage	French Cut Green Beans	Mexican Corn	Braised Red Cabbage	Green Peas	Peas & Carrots
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 Apr 28, 2024**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Salmon in Puff Pastry*

## **Side**

*Home Fried Potatoes*

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## **Entrée 2**

*Chicken Quesadilla*

## **Side**

*Tater Tots*

## **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 Apr 28, 2024**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Roast 1/4 Chicken w/ Cranberry Relish*

## **Entrée 2**

*Broiled Lamb Chops*

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## **Starch**

*Roasted Potatoes*

## **Vegetables**

*Baked Yam*

*Roasted Brussel Sprouts*

## **Dessert**

*Chef's Choice*

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

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# LUNCH

Mon Apr 29, 2024

## Soup of the day

*Soup of The Day*

## Entrée 1

*Turkey Chilli*

## Side

*Corn Muffin*

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## Entrée 2

*Sliced Smoked Meat on Rye*

## Side

*Coleslaw / Pickles*

## Dessert

*Assorted Desserts*

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full bar service available

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# DINNER

Mon Apr 29, 2024

## Appetizer

*Chef's Choice*

## Entrée 1

*English Style Corned Beef*

## Entrée 2

*Catch of The Day*

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## Starch

*Parsley Boiled Potatoes*

## Vegetables

*Baby Carrots*

*Steamed Cabbage*

## Dessert

*Chef's Choice*

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

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# LUNCH



**Tue Apr 30, 2024**

## **Soup of the day**

*Soup of The Day*

## **Entrée 1**

*Bratwurst Sausage w/ Sauerkraut*

## **Side**

*Warm Potato Salad*

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## **Entrée 2**

*Avocado Toast*

## **Side**

*Poached Egg*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
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# DINNER



**Tue Apr 30, 2024**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Chicken Marengo*

## **Entrée 2**

*Pasta Night*

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## **Starch**

*Mushroom Pilaf*

## **Vegetables**

*Jardiniere & Root Veg*

*French Cut Green Beans*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Wed May 01, 2024**

## **Soup of the day**

*Soup of The Day*

### **Entrée 1**

*Beef Taco*

### **Side**

*Red Bean Rice*

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### **Entrée 2**

*Grilled Cheese & Tomato Sandwich*

### **Side**

*Marinated Veg Salad*

### **Dessert**

*Assorted Desserts*

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

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**Super Foods**



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# DINNER



**Wed May 01, 2024**

## **Appetizer**

*Chef's Choice*

### **Entrée 1**

*Meatball Stroganoff w/ Mushroom Sauce*

### **Entrée 2**

*Catch of The Day*

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### **Starch**

*Rice*

### **Vegetables**

*Zucchini*

*Mexican Corn*

### **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 May 02, 2024**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Chicken Crepe*

## **Side**

*Tossed Salad*

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## **Entrée 2**

*Sliced Roast Beef Sandwich*

## **Side**

*Caesar Salad*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



**Thur May 02, 2024**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Breaded Beef Short Ribs*

## **Entrée 2**

*Chef's Choice*

~~~

## **Starch**

*Mashed Potatoes*

## **Vegetables**

*Glazed Beets*

*Braised Red Cabbage*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Fri May 03, 2024**

## **Soup of the day**

*Soup of The Day*

### **Entrée 1**

*Tuna & Artichoke Melt on English  
Muffin*

### **Side**

*Tater Tots*

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### **Entrée 2**

*Shrimp Roll*

### **Side**

*Potato Salad*

### **Dessert**

*Assorted Desserts*

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# DINNER



**Fri May 03, 2024**

## **Appetizer**

*Chef's Choice*

### **Entrée 1**

*Catch of The Day*

### **Entrée 2**

*English Bangers w/ Mashed Potatoes*

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### **Starch**

*Mashed Potatoes*

### **Vegetables**

*Creamy Onions*

*Green Peas*

### **Dessert**

*Chef's Choice*

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# LUNCH

  
**Sat May 04, 2024**

## **Soup of the Day**

*Soup of The Day*

### **Entrée 1**

*Peameal Bacon w/ Fried Egg Mustard  
Focaccia Bun*

### **Side**

*Curly Fries  
~~~*

### **Entrée 2**

*Cobb Salad*

### **Side**

*Croissant*

### **Dessert**

*Assorted Desserts*

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# DINNER

  
**Sat May 04, 2024**

## **Appetizer**

*Chef's Choice*

### **Entrée 1**

*Roast Pork w/ Apple Sauce*

### **Entrée 2**

*Chef's Choice  
~~~*

### **Starch**

*Roasted Potatoes*

### **Vegetables**

*Baked Cauliflower*

*Peas & Carrots*

### **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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