

Lunch

Week 2	Sun May 05, 2024	Mon May 06, 2024	Tue May 07, 2024	Wed May 08, 2024	Thur May 09, 2024	Fri May 10, 2024	Sat May 11, 2024
Soup	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Toasted Waffles w/ Fruit Sauce	Chicken Wings	Salmon Salad Sandwich	Turkey, Gouda & Onion Sandwich	Broiled Hamburger	Egg Salad Sandwich	Toasted BLT Sandwich
Side	Roasted Sausage	Oriental Fried Rice	Vegetable Salad	Cucumber Dill Salad	Cottage Cheese	Sliced Fruit	Poutine Fries
Entrée 2	Sliced Black Forest Ham & Swiss Cheese on Croissant	Toasted Western Sandwich	Baked Quiche	Beef Samosa	Vegetable Club Sandwich	Grilled Potato Pancakes	Chef's Salad
Side	Potato Salad	Coleslaw	Tomato Aspic	Caesar Salad	Coleslaw	Sausage	Cheese Biscuit
Dessert	Nanaimo Square	Whipped Jello	Lemon Pudding	Banana Mandarin Salad	Tropical Fruit Salad	Chef's Choice	Rice Pudding
Appetizer	French Onion Soup	Tossed Green Salad	Marinated Vegetable Salad	Cottage Cheese & Pineapple	Chiffon Lettuce w/Shrimp	Butter Lettuce Salad	Caesar Salad
Entrée 1	Chicken Cordon Bleu	Stuffed Pork Loin w/ Sautéed Onions	Chicken Coq Au' Vin	Braised Beef Pot Roast	BBQ Chicken Legs	Catch of the Day	Breaded Liver
Side	Potato Pancake	Scalloped Potatoes	Mashed Potatoes	Spatzel	Stuffed Baked Potato	Rice	Mashed Potatoes
Entrée 2	Beef Stir Fry w/ Spring Roll & Rice	Catch of the Day	Pasta Night	Catch of the Day	Cottage Pie w/ Creamed corn	Beef Bourguignon	Cabbage Roll Platter
Side	Rice	Scalloped Potatoes	Garlic Toast	Duchesse Potatoes	Stuffed Baked Potato	Rice	Perogy
Vegetable	Broccoli	Peas & Carrots	Steamed Cabbage	Lima Beans	Garden Mixed Vegetables	Swiss Chard	Wax Beans w/Brussel Sprouts
Vegetable	Mexican Corn	Baked Squash	Battered Baby Carrots	Jardiniere Vegetables	Baked Beans	Cauliflower	Baked Squash
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 May 05, 2024

Soup of the day

Chef's Choice

Entrée 1

Toasted Waffles w/ Fruit Sauce

Side

Roasted Sausage

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## **Entrée 2**

*Sliced Black Forest Ham & Swiss Cheese  
on Croissant*

## **Side**

*Potato Salad*

## **Dessert**

*Nanaimo Square*

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 May 05, 2024

## Appetizer

*French Onion Soup*

## Entrée 1

*Chicken Cordon Bleu*

## Entrée 2

*Beef Stir Fry w/ Spring Roll & Rice*

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Starch

Potato Pancake

Vegetables

Broccoli

Mexican Corn

Dessert

Chef's Choice

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

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LUNCH



Mon May 06, 2024

Soup of the day

Chef's Choice

Entrée 1

Chicken Wings

Side

Oriental Fried Rice

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## **Entrée 2**

*Toasted Western Sandwich*

## **Side**

*Coleslaw*

## **Dessert**

*Whipped Jello*

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

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# DINNER



**Mon May 06, 2024**

## **Appetizer**

*Tossed Green Salad*

## **Entrée 1**

*Liver, Onion & Bacon*

## **Entrée 2**

*Catch of the Day*  
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Starch

Scalloped Potatoes

Side

Scalloped Potatoes

Vegetables

Peas & Carrots

Baked Squash

Dessert

Chef's Choice

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

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LUNCH



Tue May 07, 2024

Soup of the day

Cauliflower Soup

Entrée 1

Salmon Salad Sandwich

Side

Vegetable Salad

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Entrée 2

Baked Quiche

Side

Tomato Aspic

Dessert

Lemon Pudding

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

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DINNER



Tue May 07, 2024

Appetizer

Marinated Vegetable Salad

Entrée 1

Chicken Coq Au' Vin

Entrée 2

Pasta Night

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## **Starch**

*Mashed Potatoes*

## **Vegetables**

*Steamed Cabbage*

*Battered Baby Carrots*

## **Dessert**

*Chef's Choice*

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

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# LUNCH

Wed May 08, 2024

## Soup of the day

*Chef's Choice*

## Entrée 1

*Turkey, Gouda & Onion Sandwich*

## Side

*Cucumber Dill Salad*

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Entrée 2

Beef Samosa

Side

Caesar Salad

Dessert

Banana Mandarin Salad

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

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DINNER

Wed May 08, 2024

Appetizer

Cottage Cheese & Pineapple

Entrée 1

Braised Beef Pot Roast

Entrée 2

Catch of the Day

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## Starch

*Spatzel*

## Vegetables

*Lima Beans*

*Jardiniere Vegetables*

## Dessert

*Chef's Choice*

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

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# LUNCH



**Thur May 09, 2024**

## **Soup of the Day**

*Chef's Choice*

## **Entrée 1**

*Broiled Hamburger*

## **Side**

*Cottage Cheese*

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Entrée 2

Vegetable Club Sandwich

Side

Coleslaw

Dessert

Tropical Fruit Salad

DINNER



Thur May 09, 2024

Appetizer

Chiffon Lettuce w/ Shrimp

Entrée 1

BBQ Chicken Legs

Entrée 2

Cottage Pie w/ Creamed corn

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## **Starch**

*Stuffed Baked Potato*

## **Vegetables**

*Glazed Beets*

*Baked Beans*

## **Dessert**

*Chef's Choice*

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

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# LUNCH



**Fri May 10, 2024**

## **Soup of the day**

*Chef's Choice*

### **Entrée 1**

*Egg Salad Sandwich*

### **Side**

*Sliced Fruit*

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Entrée 2

Grilled Potato Pancakes

Side

Sausage

Dessert

Chef's Choice

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full bar service available

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DINNER



Fri May 10, 2024

Appetizer

Butter Lettuce Salad

Entrée 1

Catch of the Day

Entrée 2

Beef Bourguignon

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## **Starch**

*Rice*

## **Vegetables**

*Swiss Chard*

*Cauliflower*

## **Dessert**

*Chef's Choice*

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

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# LUNCH

Sat May 11, 2024

## Soup of the Day

*Chef's Choice*

### Entrée 1

*Toasted BLT Sandwich*

### Side

*Poutine Fries*

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Entrée 2

Chef's Salad

Side

Cheese Biscuit

Dessert

Rice Pudding

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DINNER

Sat May 11, 2024

Appetizer

Caesar Salad

Entrée 1

Breaded Liver

Entrée 2

Cabbage Roll Platter

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### Starch

*Mashed Potatoes*

### Vegetables

*Wax Beans w/ Brussel Sprouts*

*Baked Squash*

### Dessert

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
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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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