

Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Creamy Chicken Noodle Soup	*Potato & Spinach Soup	Chicken Vegetable Soup	Cream of Aspargus Soup	Corn & Potato Soup	Minestrone Soup	Carrot & Coconut Soup
Chef Salad	Grilled Roast Beef & Swiss Sandwich	Canadian Club Sandwich	Pulled Pork Quesadilla	Tuna Salad Sandwich	Roast Beef & Tomato Sandwich	*Scrambled Eggs & Bacon
Warm Soft Bun	*Spinach & Egg Salad	Sweet Potato Fries	Caesar Salad	Mixed Bean Salad	*Vegetable Sticks	Fresh Fruit Salad
Peameal Bacon Breakfast Sandwich	Citrus Poached Shrimp Spring Salad	Loaded Breakfast Frittata	Chicken Salad Sandwich	Toasted B.L.T Sandwich	Canadian Style Pizza	*Fluffy Waffles & Blackberry Sauce
Green Side Salad	Caramelied Onion Ciabatta	Sweet Potato Fries	Caesar Salad	Mixed Bean Salad	*Vegetable Sticks	Fresh Fruit Salad
Assorted Desserts	Mini Coconut Tart	Buttertart Bar	Nanaimo bar	Assorted Desserts	Mini Bundt Cake	Ice Cream Salad
Dinner						
Manhatton Clam Chowder	French Onion Soup	Quinoa & Vegetable Soup	*Cauliflower Blue Cheese Soup	Beef & Barley Soup	Lemongrass Chicken Broth	Ham & Split Pea Soup
Chickpea & Cucumber Salad	*Shredded Broccoli Slaw	*Golden Beet Salad	Marinated Radish Salad	Shredded Coleslaw	Edamame Bean salad	Waldorf Salad
Moroccan Lamb Stew	Tuscan Vegetarian Lasagna	Beef Stroganoff	Slow Roasted Pork Loin	BBQ Chicken Drumsticks	Ginger Fried Beef	Dijon Crusted Veal Shoulder
Seasoned Couscous	Garlic Bread	Buttered Egg Noodles	Steamed Brown Rice	Crispy French Fries	Vegetable Chow Mein	Mashed Potato
Baked Basa Filet	*Apple & Fennel Braised Chciken Legs	Chicken Paprikash	Breaded Veal Cutlets	Beer Batterd Cod Loin	Sweet & Sour Shrimp	Herb Roasted Turkey Breast
Seasoned Couscous	Parsley Mashed Potato	Buttered Egg Noodles	Steamed Brown Rice	Crispy French Fries	Vegetable Chow Mein	Mashed Potato
Roasted Cauliflower	Honey Glazed Carrots	Braised Cabbage	Buttered Green Beans	* Yellow Wax Beans	*Lemon Broccoli	Steamed Carrot & Parsnips
Sauteed Spinach	Green Garden Peas	Grilled Asparagus	Soft Steamed Parsnips	Sauteed White Wine Kale	Stir Fried Vegetables	Cauliflower & Cheese Sauce
Prune & Date Square	Lemon Steusel Cake	Pear & Apple Crumble	Cinnamon Raisin Bread Pudding	*Peach & Blackberry Melba	Carrot & Pineapple Loaf	Assorted Pies
	Creamy Chicken Noodle Soup Chef Salad Warm Soft Bun Peameal Bacon Breakfast Sandwich Green Side Salad Assorted Desserts Manhatton Clam Chowder Chickpea & Cucumber Salad Moroccan Lamb Stew Seasoned Couscous Baked Basa Filet Seasoned Couscous Roasted Cauliflower Sauteed Spinach	Creamy Chicken Noodle Soup Chef Salad Chef Salad Warm Soft Bun Peameal Bacon Breakfast Sandwich Grilled Roast Beef & Swiss Sandwich *Spinach & Egg Salad Citrus Poached Shrimp Spring Salad Green Side Salad Caramelied Onion Ciabatta Assorted Desserts Mini Coconut Tart Manhatton Clam Chowder Chickpea & Cucumber Salad Moroccan Lamb Stew Tuscan Vegetarian Lasagna Seasoned Couscous Garlic Bread *Apple & Fennel Braised Chciken Legs Seasoned Couscous Parsley Mashed Potato Honey Glazed Carrots Sauteed Spinach Green Garden Peas	Creamy Chicken Noodle Soup *Potato & Spinach Soup Chicken Vegetable Soup Chef Salad Grilled Roast Beef & Swiss Sandwich Warm Soft Bun *Spinach & Egg Salad Sweet Potato Fries Peameal Bacon Breakfast Sandwich Citrus Poached Shrimp Spring Salad Sweet Potato Fries Assorted Desserts Mini Coconut Tart Buttertart Bar Manhatton Clam Chowder French Onion Soup Quinoa & Vegetable Soup Chickpea & Cucumber Salad *Shredded Broccoli Slaw *Golden Beet Salad Moroccan Lamb Stew Tuscan Vegetarian Lasagna Beef Stroganoff Seasoned Couscous Garlic Bread Buttered Egg Noodles Baked Basa Filet *Apple & Fennel Braised Chicken Legs Seasoned Couscous Parsley Mashed Potato Buttered Egg Noodles Roasted Cauliflower Honey Glazed Carrots Braised Cabbage Sauteed Spinach Green Garden Peas Grilled Asparagus	Creamy Chicken Noodle Soup *Potato & Spinach Soup Chicken Vegetable Soup Cream of Aspargus Soup Chef Salad Grilled Roast Beef & Swiss Sandwich Pulled Pork Quesadilla Warm Soft Bun *Spinach & Egg Salad Sweet Potato Fries Caesar Salad Peameal Bacon Breakfast Sandwich Salad Loaded Breakfast Frittata Chicken Salad Sandwich Green Side Salad Caramelied Onion Ciabatta Sweet Potato Fries Caesar Salad Assorted Desserts Mini Coconut Tart Buttertart Bar Nanaimo bar Dinner Manhatton Clam Chowder French Onion Soup Quinoa & Vegetable Soup *Cauliflower Blue Cheese Soup Chickpea & Cucumber Salad *Shredded Broccoli Slaw *Golden Beet Salad Marinated Radish Salad Moroccan Lamb Stew Tuscan Vegetarian Lasagna Beef Stroganoff Slow Roasted Pork Loin Seasoned Couscous Garlic Bread Buttered Egg Noodles Steamed Brown Rice Baked Basa Filet *Apple & Fennel Braised Chciken Paprikash Breaded Veal Cutlets Seasoned Couscous Parsley Mashed Potato Buttered Egg Noodles Steamed Brown Rice Roasted Cauliflower Honey Glazed Carrots Braised Cabbage Buttered Green Beans Sauteed Spinach Green Garden Peas Grilled Asparagus Soft Steamed Parsnips	Creamy Chicken Noodle Soup *Potato & Spinach Soup Chicken Vegetable Soup Cream of Aspargus Soup Corn & Potato Soup Chef Salad Grilled Roast Beef & Swiss Sandwich Warm Soft Bun *Spinach & Egg Salad Sweet Potato Fries Caesar Salad Mixed Bean Salad Peameal Bacon Breakfast Sandwich Ctrus Poached Shrimp Spring Salad Sandwich Salad Sandwich Green Side Salad Caramelied Onion Clabatta Sweet Potato Fries Caesar Salad Mixed Bean Salad Assorted Desserts Mini Coconut Tart Buttertart Bar Nanaimo bar Assorted Desserts Manhatton Clam Chowder French Onion Soup Quinoa & Vegetable Soup *Cauliflower Blue Cheese Soup Beef & Barley Soup Chickpea & Cucumber Salad *Shredded Broccoli Slaw *Golden Beet Salad Marinated Radish Salad Shredded Coleslaw Moroccan Lamb Stew Tuscan Vegetarian Lasagna Beef Stroganoff Slow Roasted Pork Loin BBQ Chicken Drumsticks Seasoned Couscous Garlic Bread Buttered Egg Noodles Steamed Brown Rice Crispy French Fries Baked Basa Filet *Apple & Fennel Braised Chicken Paprikash Breaded Veal Cutlets Beer Batterd Cod Loin Chicken Legs Seasoned Couscous Parsley Mashed Potato Buttered Egg Noodles Steamed Brown Rice Crispy French Fries Roasted Cauliflower Honey Glazed Carrots Braised Cabbage Buttered Green Beans *Yellow Wax Beans Sauteed Spinach Green Garden Peas Grilled Asparagus Soft Steamed Parsnips Sauteed White Wine Kale	Creamy Chicken Noodle Soup Potato & Spinach Soup Chicken Vegetable Soup Cream of Aspargus Soup Corn & Potato Soup Minestrone Soup Chef Salad Grilled Roast Beef & Swiss Sandwich Warm Soft Bun Pspinach & Egg Salad Sweet Potato Fries Caesar Salad Mixed Bean Salad "Vegetable Sticks Peameal Bacon Breakfast Salad Citrus Poached Shrimp Spring Salad Sandwich Salad Caramelied Onion Clabatta Sweet Potato Fries Caesar Salad Mixed Bean Salad "Vegetable Sticks Peameal Bacon Breakfast Salad Caramelied Onion Clabatta Sweet Potato Fries Caesar Salad Mixed Bean Salad "Vegetable Sticks Assorted Desserts Mini Coconut Tart Buttertart Bar Nanaimo bar Assorted Desserts Mini Bundt Cake **Dinner** Manhatton Clam Chowder French Onion Soup Quinoa & Vegetable Soup "Cauliflower Blue Cheese Soup Beef & Barley Soup Lemongrass Chicken Broth Chickpea & Cucumber Salad "Shredded Broccoll Slaw "Golden Beet Salad Marinated Radish Salad Shredded Coleslaw Edamame Bean salad Moroccan Lamb Stew Tuscan Vegetarian Lasagna Beef Stroganoff Slow Roasted Pork Loin BBQ Chicken Drumsticks Ginger Fried Beef Seasoned Couscous Garlic Bread Buttered Egg Noodles Steamed Brown Rice Crispy French Fries Vegetable Chow Mein Baked Basa Filet "Apple & Fennel Braised Chicken Paprikash Breaded Veal Cutlets Beer Batterd Cod Loin Sweet & Sour Shrimp Seasoned Couscous Parley Mashed Potato Buttered Egg Noodles Steamed Brown Rice Crispy French Fries Vegetable Chow Mein Roasted Cauliflower Honey Glazed Carrots Braised Cabbage Buttered Green Beans "Yellow Wax Beans Lemon Broccoli Sautemed Brown Rice Crispy French Fries Vegetable Chow Mein Seasoned Couscous Green Garden Peas Grilled Asparagus Soft Steamed Parsnips Sauteed White Wine Kale Stir Fried Vegetables Seasoned Couscous Sauteed White Wine Kale Stir Fried Vegetables Stir Fried Vegetables

^{*} Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local

Egg & Lamb