



Lunch

April 15-21	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Creamy Chicken Noodle Soup	*Potato & Spinach Soup	Chicken Vegetable Soup	Cream of Asparagus Soup	Corn & Potato Soup	Minestrone Soup	Carrot & Coconut Soup
Entrée 1	Chef Salad	Grilled Roast Beef & Swiss Sandwich	Canadian Club Sandwich	Pulled Pork Quesadilla	Tuna Salad Sandwich	Roast Beef & Tomato Sandwich	*Scrambled Eggs & Bacon
side	Warm Soft Bun	*Spinach & Egg Salad	Sweet Potato Fries	Caesar Salad	Mixed Bean Salad	*Vegetable Sticks	Fresh Fruit Salad
Entrée 2	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
Side	Green Side Salad	Caramelized Onion Ciabatta	Sweet Potato Fries	Caesar Salad	Mixed Bean Salad	*Vegetable Sticks	Fresh Fruit Salad
Dessert	Assorted Desserts	Mini Coconut Tart	Buttertart Bar	Nanaimo bar	Assorted Desserts	Mini Bundt Cake	Ice Cream Salad

Dinner

Soup	Manhattan Clam Chowder	French Onion Soup	Quinoa & Vegetable Soup	*Cauliflower Blue Cheese Soup	Beef & Barley Soup	Lemongrass Chicken Broth	Ham & Split Pea Soup
Salad	Chickpea & Cucumber Salad	*Shredded Broccoli Slaw	*Golden Beet Salad	Marinated Radish Salad	Shredded Coleslaw	Edamame Bean salad	Waldorf Salad
Entrée 1	Moroccan Lamb Stew	Tuscan Vegetarian Lasagna	Beef Stroganoff	Slow Roasted Pork Loin	BBQ Chicken Drumsticks	Ginger Fried Beef	Dijon Crusted Veal Shoulder
Side	Seasoned Couscous	Garlic Bread	Buttered Egg Noodles	Steamed Brown Rice	Crispy French Fries	Vegetable Chow Mein	Mashed Potato
Entrée 2	Baked Basa Filet	*Apple & Fennel Braised Chicken Legs	Chicken Paprikash	Breaded Veal Cutlets	Beer Battered Cod Loin	Sweet & Sour Shrimp	Herb Roasted Turkey Breast
Side	Seasoned Couscous	Parsley Mashed Potato	Buttered Egg Noodles	Steamed Brown Rice	Crispy French Fries	Vegetable Chow Mein	Mashed Potato
Vegetable	Roasted Cauliflower	Honey Glazed Carrots	Braised Cabbage	Buttered Green Beans	* Yellow Wax Beans	*Lemon Broccoli	Steamed Carrot & Parsnips
Vegetable	Sauteed Spinach	Green Garden Peas	Grilled Asparagus	Soft Steamed Parsnips	Sauteed White Wine Kale	Stir Fried Vegetables	Cauliflower & Cheese Sauce
Dessert	Prune & Date Square	Lemon Steusel Cake	Pear & Apple Crumble	Cinnamon Raisin Bread Pudding	*Peach & Blackberry Melba	Carrot & Pineapple Loaf	Assorted Pies

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local

Egg & Lamb

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

Menu subject to change due to product availability