



Lunch



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	* Red Lentil	Chicken Noodle	Beef Vegetable	* Cream of Cauliflower	Corn Chowder	Mulligatawny Soup	Carrot Ginger & Coconut
Entrée 1	Crispy Chicken Caesar Salad	Roast Beef Caramelized Onions Aioli on a Kaiser	Crab Salad on Croissant	Turkey Kale Orzo Salad	Crispy Chicken Caesar Salad	* Roast Beef Tomato & Baby Arugula Sandwich	Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce
side	Dinner Roll	French Fries	Hashbrowns and Toast	Pita	Tomato and Cucumber Salad	Artichoke Salad	Garden Salad
Entrée 2	Toasted Denver Sandwich	Tempura Shrimp on Warm Quinoa Salad	Bacon Macaroni & Cheese Garlic Bread	Pulled Pork on Kaiser	Baked Beans & Wieners	Scrambled Egg with Bacon	Poached Eggs on Tomato Avocado Hash
Side	Sweet Potato Fries & Honey Dill Dip		Caesar Salad	Creamy Coleslaw	Tomato and Cucumber Salad	Hashbrowns & Fresh Fruit	Marble Rye
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Spring Greens Strawberry Goat	* Broccoli Salad	* Beet & Onion Salad	Asian Noodle Salad	House Salad	* Veggie Sticks & Hummus	* Spanakopita with Tzatziki Sauce
Entrée 1	Cabbage Rolls Marinara Sauce	Lebanese Roasted Chicken Thigh with Lemon Herb Sauce	Pan Fried Beef Liver with Bacon & Onion Gravy	Shrimp & Vegetable Stir Fry	Braised Chicken Leg With Cider & Apple	BBQ Baby Back Ribs	* Roast Turkey with Traditional Dressing Cranberry Sauce & Garlic Mashed Potatoes
Side	Buttered Perogies with Fried Onions & Sour	Veggie & Herb Couscous (pasta the	Parmentiere Potatoes	Steamed Rice	Baked Potato & Sour Cream	Potato Wedges	
Entrée 2	Baked Ham with Pineapple Sauce	Maple Orange Glazed Salmon	Pan Fried Sole Filet with Tarragon Brown Butter	Veal Cutlet with Artichoke and Mushrooms	Potato & Chive Crusted Cod with Remoulade Sauce	* Spinach And Ricotta Cannelloni	Maple Orange Glazed Salmon
Side	Buttered Perogies with Fried Onions & Sour	Garlic Bread & Caesar Salad	Parmentiere Potatoes	Mini Roasted Red Potatoes	Baked Potato & Sour Cream	Chef's Salad & Garlic Bread	Roasted Garlic Mashed Potatoes
Vegetable	Diced Carrots	Braised Red Cabbage	* Seasoned Broccoli	Roasted Carrots	Buttered Corn	Sauteed Swiss Chard	Baked Squash
Vegetable	Sugar Snap Peas	Brussels Sprouts	Sauteed Red & Yellow Peppers	Seasoned Peas	Zucchini	* Stuffed Tomato	French Green Beans
Dessert	Date Square	Dark Chocolate & Mint Panna Cotta	Crème Caramel	Pear Cobbler	Tiramisu	Black Forest Cake	* Apple Pie

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health

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