



Wishing you a Happy Chinese New Year 2019!  
Kung Hei Fat Choi!



COURTYARD  GARDENS

	BREAKFAST	LUNCH	DINNER
SUNDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Minestrone Soup Assorted Sandwich on White Tossed Salad ALT: Spinach & Mushroom Quiche Tossed Salad Nanaimo Bar	Guacamole with Taco Chips Filet of Salmon Florentine Roasted Red Potatoes Brussel Sprouts / Baked Squash ALT: Pork Tenderloin Dijonaisse Tiramisu
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
MONDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Beef Noodle Soup Tuna Salad on Multigrain Cucumber Dill Salad ALT: Honey Garlic Chicken Wings Butterscotch Pudding with \ Spice Apples	Heirloom Tomato Salad w/ Portobello Mushroom Beef Meatloaf Scalloped Potatoes Carrot Coins Sautéed Bok Choy ALT: Baked Ham w/ Pineapple Salsa Fruit Cobbler
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
TUESDAY	Juices Stewed Prunes Hot & Cold Cereals Eggs Toast / Assorted Jams	French Canadian Pea Soup Fresh Fruit Plate Cottage Cheese & Corn Muffin ALT: Fried Egg Ham Cheese Sandwich Salad Date Square	<b>Chinese New Year Dinner</b>  <b>Year of the Pig 2019</b>
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
WEDNESDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Chicken Noodle Soup Western Omelet Hashbrowns & Toast ALT: Chef's Special Maple Pecan Danish	Broccoli Salad Shepherd's Pie Brussel Sprouts Ratatouille ALT: Shrimp Brouchette Chive Beurre Blanc Brown & White Rice Key Lime Pie
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
THURSDAY	Juices Stewed Prunes Hot & Cold Cereals Sausage Eggs Toast / Assorted Jams	Cream of Mushroom Soup Chicken Salad Sandwich on Whole Wheat ALT: Roasted Vegetable & Feta Quiche Tossed Salad Chocolate Vanilla Parfait	Chickpea Salad Chicken a L'Orange Parslied Boiled Potatoes Cauliflower Seasoned Broccoli ALT: Roast Beef au Jus Warm Bread Pudding
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
FRIDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Tomato Vegetable Soup Beef Cheddar Sandwich on Whole Wheat Greek Salad ALT: Bacon Mac & Cheese Lemon Pound Cake	House Salad Salmon w/ Olive Salsa Home Fried Potatoes Sugar Snap Peas / Yellow Beets ALT: Chef's Special Rice Pudding
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
SATURDAY	Juices Stewed Prunes Hot & Cold Cereals Eggs Toast / Assorted Jams	Seafood Chowder Salmon Salad Sandwich Orange & Spinach Salad ALT: All Dressed Nathan's Hot Dog French Fries Macaroon Madness Bar	Brie Pear and Honey Crostini Tuscan Roast Pork Loin Parisienne Potatoes Zucchini Buttered Corn ALT: Beef Pie Chocolate Cake
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request