



Lunch

Week 2	Monday September 5	Tuesday September 6	Wednesday September 7	Thursday Septemebr 8	Friday September 9	Saturday Septemebr 10	Sunday Septemebr 11
Soup	Hearty Scotch Broth	Egg Drop Soup	Butternut Squash Soup	* Tomato Dill Soup	Country Vegetable	* Navy Bean Soup	Carrot & Ginger
Entrée 1	Crispy Chicken Caesar Salad	* Tuna Salad on Multigrain	Seafood Salad Plate	* Egg Salad Sandwich	* Chili con Carne Cornbread Muffin	* Poached Egg & Sausage Link	Black Forest Ham & Swiss
side	Dinner Roll	Mixed Green Salad	Dinner Roll	Mixed Green Salad	Tossed Salad	Hashbrowns & Tomato Slices	Mixed Green Salad
Entrée 2	Roast Beef Wrap	Vegetable Quesadilla Sour Cream & Salsa	Cheddar Bacon Burger	Ham and Pea Penne	* Grilled Apple & Cheddar on Sourdough	Curried Chicken Salad Plate	Scrambled Egg With Smoked Salmon & Cream Cheese
Side	Caesar Salad	Mixed Green Salad	French Fries	Garlic Bread	Tossed Salad	Pita	Mixed Green Salad
Dessert	Mango Coconut Smoothie	Tapioca Pudding & Oranges	Maple Danish	Assorted Desserts	Triple Choclate Brownies	Butter Tart	Mint Chocolate Chip Ice Cream
Dinner							
Appetizer	Tossed Salad	* Cranberry Spinach Salad	Sausage roll	Seven Bean Salad	* Smoked Salmon Mousse	Greek Salad	* Heirloom Tomato Salad Portabello Mushroom
Entrée 1	* Grilled Chicken Pesto Cream Sauce	Spaghetti & Meatballs	Maple Mustard Glazed Pork Loin	Butter Chicken Naan Bread	Fish n' Chips Tartar Sauce	Pork & Black Bean Stew	Cabbage Rolls Marinara Sauce
Side	Mashed Potatoes	Garlic Bread	Scalloped Potatoes	Steamed Rice	Tangy Coleslaw	Greek Potato	Roasted Potatoes
Entrée 2	Salisbury Steak Mushroom Gravy	Turkey Schnitzel	Vegetarian Lasagna	Shrimp Stir Fry	Butternut Squash Ravioli	* Chicken Souvlaki Tzatziki Sauce	Texas Slow Roast Pork Butt au Jus
Side	Mashed Potatoes	Steamed Potatoes with Parslev	Garlic Bread	Steamed Rice	Garlic Bread	Greek Potato	Roasted Potatoes
Vegetable	Seasoned Peas	Green & Gold Beans	Roasted Mushrooms	Stir Fry Vegetables	Sauteed Spinach	Zucchini	Corn on the Cob
Vegetable	*Cauliflower	Braised Red Cabbage	Roasted Carrots	Sauteed Bok Choy		* Broccoli	Seasonal Vegetables
Dessert	Caramel Swirl Cake	Panna Cotta	* Cherry Pie	Fruit Cobbler	Banana Cream Pie	Assorted Desserts	Lemon Streusel Cake & Blueberry Sauce

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local

Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea. Bacon on Saturdays and Sundays, sausages on Tuesdays and Wednesdays.

Meal Times: Breakfast 7:30 - 9:00 ; Lunch 1st Seating 11:45-12:30, 2nd Seating 12:30-1:15; Dinner 1st Seating 4:45 -5:30, 2nd Seating 5:30-6:15