



Lunch

Week 4	Monday January 23	Tuesday January 24	Wednesday January 25	Thursday January 26	Friday January 27	Saturday January 28	Sunday January 29
Soup	Cream of Mushroom	Chicken Noodle	Beef Vegetable	Chef's Special	* Cream of Cauliflower	Chicken Rice	* Navy Bean Soup
Entrée 1	Turkey Gouda & Onion Sandwich	Roast Beef Sandwich with Horseradish Aioli	Chicken Salad Sandwich on Whole Wheat	Turkey, Spinach & Mandarin Salad	Cobb Salad	Canadian Club Sandwich	Tuna Nicoise Salad Kalamata Olive Tomato Green Bean
side	* Spinach Salad	Tossed Salad	* Marinated Cucumber & Tomato Salad	Pita	Dinner Roll	Cucumber Dill Salad	Dinner Roll
Entrée 2	Julienne Salad Plate	* Vegetarian Dhal	Baked Beans & Weiners	* Avocado, Bacon & Swiss Sandwich	Perogies with Bacon & Sour Cream	Sundried Tomato and Goat Cheese Flatbread	* Eggs Benedict
Side	Dinner Roll	Naan Bread	Whole Wheat Toast	* Orange & Spinach Salad	Garden Salad	Cucumber Dill Salad	Homefried Potatoes
Dessert	Assorted Desserts	Fresh Watermelon	Chocolate Croissant	Date Square	Nanaimo bar	Peaches & Raspberry Sauce	Fresh Fruit Salad

Dinner

Appetizer	House Salad	Cucumber Dill Salad	Fish Cakes with Chive Cream	Seven Bean Salad	Garlic Cheese Bread	Shrimp with Cocktail Sauce	* Kale and Apple Salad
Entrée 1	Veal Cutlet Milano	Beef Steak Pie	Chicken Thighs & Whisky onion gravy	Beef Burgundy, Pearl Onions Mushroom	Oktoberfest Sausage	Pork Tenderloin Hungarian Style	Roast Chicken Leg
Side	Scalloped Potatoes	Herb & Garlic Roast Potatoes	Mashed Potatoes	Parslied Boiled Potatoes	Roasted Potatoes	Roasted Mini Red Potatoes	Mashed Potatoes
Entrée 2	Glazed Ham with Brown Sugar Orange and 5 Spice	Turkey al a King in a Pastry Shell	Rosemary Roast Lamb	Haddock with Pimento Hollandaise Sauce	Turkey Schnitzel	Chef's Special	Roast Beef au Jus with Yorkshire Pudding
Side	Scalloped Potatoes	Herb & Garlic Roast Potatoes	Mashed Potatoes	Parslied Boiled Potatoes	Roasted Potatoes	Roasted Mini Red Potatoes	Mashed Potatoes
Vegetable	* Seasoned Beets	Green Beans	Roasted Turnips	Diced Carrots	Braised Red Cabbage	Peas & Carrots	Roasted Carrots
Vegetable	Sauteed Spinach	Braised Red Cabbage	Buttered Leeks	* Broccoli	* Yellow Beets	Sauteed Spinach	*Cauliflower
Dessert	Sticky Toffee Pudding	Cinnamon Sugar Donuts	Apple Cranachan	Assorted Desserts	German Chocolate Cake	* Apple Brown Betty	Tuxedo Truffle Mousse Cake

* 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 First Seating 11:45-12:30, Second Seating 12:30-1:15; Dinner First Seating 4:45-5:30, Second Seating 5:30-6:15