



Lunch

| Week 1 | Monday February 13 | Tuesday February 14 | Wednesday February 15 | Thursday February 16 | Friday February 17 | Saturday February 18 | Sunday February 19 |
|-----------|---|--------------------------------------|--|-------------------------------------|------------------------------------|--|-----------------------------|
| Soup | * Cream of Tomato | French Canadian Pea Soup | Beef Barley | * Tomato Vegetable | Chef's Choice | * Red Lentil Soup | Caramelized Onion Soup |
| Entrée 1 | Executive Salad Plate | Grilled Chicken Salad Plate | Lemon Chicken Wrap | Chicken Shawarma Salad Plate | Baby Shrimp Salad on Croissant | All Dressed Nathan's Hot Dog | Ham & Chicken Salad Plate |
| side | Dinner Roll | Pita | Caesar Salad | Pita | House Salad | French Fries | Dinner Roll |
| Entrée 2 | Tuna Melt | Grilled Salami & Provolone Sandwich | Pepperoni Pizza | * Salmon Salad Sandwich | Chicken Fingers with Plum Sauce | Monte Cristo Sandwich | Vegetarian Pizza |
| Side | Cucumber Dill Salad | Tomato and Cucumber Salad | Caesar Salad | Tossed Salad | French Fries | Tossed Salad | Dinner Roll |
| Dessert | Butterscotch Pudding & Spiced Apples | Fresh Fruit Salad | Assorted Desserts | Danishes | Rice Pudding | Nanaimo bar | Mango Ice Cream |
| Dinner | | | | | | | |
| Appetizer | Caesar Salad | * Avocado & Prosciutto Crostini | Cucumber Dill Salad | Green Salad | * Broccoli Salad | * Quinoa Salad | * Corn and Black Bean Salad |
| Entrée 1 | Oven Roasted Chicken Breast w/ Garlic Cream Sauce | Shrimp Brouchette Chive Beurre Blanc | Chicken Pot Pie | * Baked Haddock with Basil Tomatoes | Sole with Brown Butter Caper Sauce | Meat Lasagna | Chicken Cordon Blue |
| Side | Scalloped Potatoes | Mashed Potatoes | Roasted Potatoes | Buttered Egg Noodles | Mashed Potatoes | Garlic Bread | Mini Roasted Red Potatoes |
| Entrée 2 | Baked Ham Pineapple Salsa | Roast Beef Striploin au Jus | Pan Fried Beef Liver With Onions & Gravy | Beef Stroganoff on Egg Noodles | Sweet & Sour Meatballs | Braised Chicken Leg With Cider & Apple | * Baked Salmon Dill Sauce |
| Side | Scalloped Potatoes | Mashed Potatoes | Roasted Potatoes | | Mashed Potatoes | Parslied Boiled Potatoes | Mini Roasted Red Potatoes |
| Vegetable | Brussels Sprouts | Broccolini | Sauteed Cabbage | * Green Beans Almondine | * Yellow Beets | Seasonal Vegetables | Roasted Carrots |
| Vegetable | Yellow Wax Beans | Roasted Mushrooms | Zucchini | Seasoned Peas | *Cauliflower | Buttered Corn | Sauteed Spinach |
| Dessert | * Pumpkin Pie | Chocolate Cake | Carrot Cake | Assorted Desserts | * Warm Apple Crisp | Chocolate Ice Cream & Cherry Compote | Assorted Desserts |

* 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, Juice, Milk, Coffee and Tea. Bacon on Saturdays and Sundays, sausages on Tuesdays and Wednesdays.

Meal Times: Breakfast 7:30-9:00 am; 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