



Lunch

Week 2	Monday February 20	Tuesday February 21	Wednesday February 22	Thursday February 23	Friday February 24	Saturday February 25	Sunday February 26
Soup	Hearty Scotch Broth	Egg Drop Soup	Butternut Squash Soup	* Tomato Dill Soup	Corn Chowder	Carrot and Sweet Potato Soup	Carrot & Ginger
Entrée 1	Crispy Chicken Caesar Salad	* Tuna Salad on Multigrain	Seafood Salad Plate	* Egg Salad Sandwich	* Poached Egg & Sausage Link	* Chili con Carne Cornbread Muffin	Black Forest Ham & Swiss
side	Dinner Roll	Mixed Green Salad	Dinner Roll	Mixed Green Salad	Fresh Seasonal Fruit	Tossed Salad	Mixed Green Salad
Entrée 2	Roast Beef Wrap	Pancakes & Bacon	Cheddar Bacon Burger	Ham and Pea Penne	* Grilled Apple & Cheddar on Sourdough	Winter Turkey Salad	Scrambled Egg With Smoked Salmon & Cream Cheese
Side	Caesar Salad	Fresh Seasonal Fruit	French Fries	Garlic Bread	Garden Salad	Pita	Mixed Green Salad
Dessert	Mango Coconut Smoothie	Tapioca Pudding & Oranges	Maple Danish	Assorted Desserts	Ambrosia Salad	Butter Tart	Double Chocolate Brownies

Dinner

Appetizer	Tossed Salad	* Cranberry Spinach Salad	Sausage roll	Seven Bean Salad	* Caprese Salad	Greek Salad	*Portabella & Tomato Salad
Entrée 1	* Grilled Chicken Pesto Cream Sauce	Spaghetti & Meatballs	Maple Mustard Glazed Pork Loin	Butter Chicken Naan Bread	* Parmesan Crusted Chicken & Tomato Sauce	Chorizo Sausage w/ Tomato Ragout	Cabbage Rolls Marinara Sauce
Side	Mashed Potatoes	Garlic Bread	Scalloped Potatoes	Steamed Rice	Garlic Mashed Potatoes	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	Buttered Corn
Vegetable	*Cauliflower	Braised Red Cabbage	Roasted Carrots	Sauteed Bok Choy	Asparagus	* Broccoli	Seasonal Vegetables
Dessert	Caramel Swirl Cake	Panna Cotta	* Cherry Pie	Fruit Cobbler	Salted Caramel Pretzel Brownie	Assorted Desserts	Crème Brulee Cheesecake

* 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