



## Lunch

Week 5	Monday March 13	Tuesday March 14	Wednesday March 15	Thursday March 16	Friday March 17	Saturday March 18	Sunday March 19
Soup	* Tomato Rice	Chicken & Dill	* Cream of Broccoli	Mulligatawny Soup	Potato Leek	* Minestrone Soup	* Tomato Kale
Entrée 1	Turkey Burger	Roast Beef & Cheddar Sandwich on Whole Wheat	California Chicken Salad	Assorted Sandwich on White	Turkey Kale Orzo Salad	Philly Cheese Steak Sub	Vegetarian Crepe
side	Sweet Potato Fries	Tossed Salad	Pita	* Beet & Onion Salad	Dinner Roll	French Fries	Fresh Seasonal Fruit
Entrée 2	Hawaiian Pizza	Grilled Chicken Breast on Warm Roast Vegetable Salad	Grilled Cheese Sandwich	Leek & Bacon Quiche	* Egg Salad on Croissant	Chicken Salad Sandwich on Whole Wheat	Scrambeled Eggs, Bacon & Hash Browns
Side	Sweet Potato Fries	Dinner Roll	House Salad	* Beet & Onion Salad	House Salad	Garden Salad	Fresh Seasonal Fruit
Dessert	Strawberry Banana Smoothie	Ice Cream	Apple Cake	Cinnamon Danish	Pecan Streusel Cake	Carrot Cake	Assorted Desserts
<i>Dinner</i>							
Appetizer	* Orange & Spinach Salad	House Salad	* Quinoa Salad	Garden Salad	Green Salad	Artichoke Salad	Greek Salad
Entrée 1	Shepherds Pie	Butter Chickpeas on Rice	Turkey Divan	Penne & Meat Sauce	Irish Fish Pie	Braised Beef Pot Roast	Mediterranean Chicken
Side	Mashed Potatoes	Naan Bread	Mini Roasted Red Potatoes	Garlic Bread	Chive Mashed Potatoes	Mashed Potatoes	Roasted Mini Red Potatoes
Entrée 2	Mild Italian Sausage	Fish n' Chips Tartar Sauce	Lamb Curry	* Coq au Vin Chicken Thighs	Corned Beef & Cabbage	Pork Goulash	Sole Filet w/ Parsley Sauce
Side	Mashed Potatoes		Naan Bread	Steamed Potatoes with Parslev	Chive Mashed Potatoes	Mashed Potatoes	Roasted Mini Red Potatoes
Vegetable	* Corn Beet & Pea Medley	Coleslaw	*Cauliflower	Green Beans	Honey Glazed Parsnips & Carrots	Roasted Carrots	Mixed Vegetables
Vegetable		Seasoned Peas	Zucchini	Braised Red Cabbage		Sauteed Spinach	
Dessert	Pineapple Upsidedown Cake	Assorted Desserts	Maple Chocolate Cake	Brownies & Ice Cream	Warm Bread Pudding	Orange Cake with Frosting	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, Granola, Juice, Milk, Coffee and Tea. Bacon on Saturdays and Sundays, sausages on Tuesdays and Wednesdays.

**Meal Times: Breakfast 7:30-9:00a.m.; 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**