



Lunch

| Week 1 | Monday July 31 | Tuesday August 1 | Wednesday August 2 | Thursday August 3 | Friday August 4 | Saturday August 5 | Sunday August 6 |
|-----------|---|--------------------------------------|--|-------------------------------------|------------------------------------|---|------------------------------------|
| 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 | * Tuna Salad on Multigrain | Chicken Shawarma Salad Plate | Baby Shrimp Salad on Croissant | All Dressed Nathan's Hot Dog | Smoked Turkey & Guacamole Sandwich |
| side | Dinner Roll | Pita | Caesar Salad | Pita | House Salad | French Fries | Mixed Green Salad |
| Entrée 2 | Cubano Sandwich | Meatball Sub | Pepperoni Pizza | * Salmon Salad Sandwich | Chicken Strips with Plum Sauce | Monte Cristo Sandwich | Vegetarian Pizza |
| Side | Tossed Salad | Tomato and Cucumber Salad | Caesar Salad | Tossed Salad | French Fries | Tossed Salad | Mixed Green Salad |
| Dessert | Butterscotch Pudding & Strawberries | Fresh Fruit Salad | Assorted Desserts | Danishes | Rice Pudding | Nanaimo bar | Blueberry Frozen Yogurt |
| Dinner | | | | | | | |
| Appetizer | Caesar Salad | * Guacamole with Taco Chips | Cucumber Dill Salad | Green Salad | * Broccoli Salad | * Quinoa Salad | House Salad |
| Entrée 1 | Oven Roasted Chicken Breast w/ Garlic Cream Sauce | Shrimp Brouchette Chive Beurre Blanc | Chicken Pot Pie | Beef Stroganoff on Egg Noodles | Sole with Brown Butter Caper Sauce | Meat Lasagna | Chicken Cordon Blue |
| Side | Scalloped Potatoes | Rice Pilaf | Roasted Potatoes | Mashed Potatoes | Mashed Potatoes | Garlic Bread | Mini Roasted Red Potatoes |
| Entrée 2 | Baked Ham Pineapple Salsa | Spanish Style Pork Loin | Pan Fried Beef Liver With Onions & Gravy | * Baked Haddock with Basil Tomatoes | Sweet & Sour Meatballs | Braised Turkey Thigh With Cider & Apple | * Baked Salmon Dill Sauce |
| Side | Scalloped Potatoes | Rice Pilaf | Roasted Potatoes | Buttered Egg Noodles | Mashed Potatoes | Parslied Boiled Potatoes | Mini Roasted Red Potatoes |
| Vegetable | Brussels Sprouts | * Corn Beet & Pea Medley | Sauteed Cabbage | * Green Beans Almondine | * Yellow Beets | Seasonal Vegetables | Roasted Carrots |
| Vegetable | Yellow Wax Beans | | Zucchini | Seasoned Peas | *Cauliflower | Buttered Corn | Sauteed Spinach |
| Dessert | Strawberry Rhubarb Pie | Chocolate Cake | Carrot Cake | Churros & Ice Cream | * 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