



Lunch

Week 3	Monday November 6	Tuesday November 7	Wednesday November 8	Thursday November 9	Friday November 10	Saturday November 11	Sunday November 12
Soup	* Apple Leek Butternut	Broccoli & Cheese Soup	* French Lentil Soup	Chef's Choice	Beef Vegetable Soup	Cream of Celery	
Entrée 1	Executive Salad Plate	Grilled Roast Beef & Caramelized Onion Sandwich	Turkey & Red Pepper Crepe	Grilled Chicken Breast on Greek Salad	Chef's Special	Avocado & Tuna Salad Plate	Brunch Buffet
side	Dinner Roll	Tossed Salad	Garden Salad	Pita		Dinner Roll	
Entrée 2	BBQ Beef on a Bun	Fresh Fruit & Cottage Cheese Plate	French Toast & Bacon	* Smoked Salmon Red Onion Capers on Rye	Filet of Fish on Bun	Pulled Pork Sandwich	Brunch Buffet
Side	House Salad	House Baked Scone	Fresh Seasonal Fruit	Greek Salad	Creamy Coleslaw	* Purple Apple Slaw	
Dessert	Mixed Berry Smoothie	Chocolate Pudding	* Blueberry Lemon Loaf	Chocolate Banana Loaf	* Peach & Yogurt Parfait	Strawberry Crepe	Assorted Desserts
Dinner							
Appetizer	Spring Salad	* Chickpea Salad	House Salad	Soy Sesame Cucumber Salad	* Quinoa Salad	Brie Pear and Honey Crostini	House Salad
Entrée 1	Sweet & Sour Pork	New Orleans Cajun Haddock	Crispy Chicken & Gravy	Hawaiian Pork Tenderloin	Slow Roast Pork Butt au Jus	Beef Pot Roast with Pan Sauce	Tuscan Roast Pork Loin
Side	Steamed Rice	Mashed Potatoes	Mini Roasted Red Potatoes	Chow Mein	Roasted Sweet Potatoes	Lyonnais Potatoes	Baked Potato
Entrée 2	Chicken Snow Pea & Pepper Stir Fry	Beef Meatloaf	Roasted Mushroom Ravioli	Ginger Scallion Cod Loin	Honey Dijon Chicken	Sole Viennoise Tartar Sauce	* Filet of Cod Provencale
Side	Steamed Rice	Mashed Potatoes	Garlic Bread	Chow Mein	Roasted Sweet Potatoes	Lyonnais Potatoes	Baked Potato
Vegetable	Stir Fry Vegetables	Peas & Carrots	Sauteed Spinach	* Broccoli	Sauteed Red & Yellow Peppers	Roasted Squash	Diced Carrots
Vegetable			Seasoned Peas	* Cauliflower	Buttered Corn	Seasoned Peas	Sauteed Spinach
Dessert	Black Forest Cake	Berry Burst Cake	Chocolate Ice Cream Sundae	* Blueberry Pie	Assorted Desserts	Egg Tart	Boston Cream Pie

* 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