



## Lunch

Week 4	Monday December 25	Tuesday December 26	Wednesday December 27	Thursday December 28	Friday December 29	Saturday December 30	Sunday December 31
Soup	Cream of Mushroom	Chicken Noodle	Corn Chowder	Chef's Special	* Cream of Cauliflower	Chicken Rice	* Navy Bean Soup
Entrée 1	Pancakes & Bacon	Corned Beef on Rye	Chicken Salad Sandwich on Whole Wheat	Turkey, Spinach & Mandarin Salad	Cobb Salad	Canadian Club Sandwich	Tuna Nicoise Salad Kalamata Olive Tomato Green Bean
side	Fresh Seasonal Fruit	Tossed Salad	Tomato and Cucumber Salad	Pita	Dinner Roll	Cucumber Dill Salad	Dinner Roll
Entrée 2	Julienne Salad Plate	* Vegetarian Dhal	Baked Beans & Weiners	* Avocado, Bacon & Swiss Sandwich	Perogies with Bacon & Sour Cream	Vegetable Frittata	Hawaiian Pizza
Side	Dinner Roll	Naan	Whole Wheat Toast	* Orange & Spinach Salad	Garden Salad	Cucumber Dill Salad	Sweet Potato Fries
Dessert	Assorted Desserts	Fresh Watermelon	Chocolate Croissant	Date Square	Nanaimo bar	Mini Donuts	Fresh Fruit Salad

## Dinner

Appetizer	Roasted Beet & Goat Cheese Salad	Cucumber Dill Salad	Fish Cakes with Chive Cream	Seven Bean Salad	Mushroom Crostini	Shrimp with Cocktail Sauce	Bacon Wrapped Scallops
Entrée 1	* Roast Turkey with Traditional Dressing Cranberry Sauce & Gravy	Beef Steak Pie	Honey Lime Chicken Thighs	Beef Burgundy, Pearl Onions Mushroom	Tuscan Vegetable Lasagna	Pork Tenderloin Hungarian Style	Chicken Breast w/ Crab Hollandaise
Side	Mashed Potatoes	Herb & Garlic Roast Potatoes	Mashed Potatoes	Parslied Boiled Potatoes	Garlic Bread	Roasted Mini Red Potatoes	Chive Mashed Potatoes
Entrée 2		Turkey al a King	Rosemary Roast Lamb	Haddock with Pimento Hollandaise Sauce	Turkey Schnitzel	Chef's Special	Roast Beef Striploin w/ Red Wine Demi
Side		Herb & Garlic Roast Potatoes	Mashed Potatoes	Parslied Boiled Potatoes	Roasted Potatoes	Roasted Mini Red Potatoes	Chive Mashed Potatoes
Vegetable	Buttered Corn	Green Beans	*Cauliflower	Diced Carrots	Braised Red Cabbage	Roasted Squash	Asparagus
Vegetable	Brussels Sprouts	Zucchini	Buttered Leeks	* Broccoli	Yellow Waxed Beans	Sauteed Spinach	Vegetable Medley
Dessert	* Pumpkin Pie	Red Velvet Cake	* Peach Cobbler	Assorted Desserts	Sticky Toffee Pudding	Maple Chocolate Cake	Feature Dessert

\* 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**