



Lunch

Week 5	Monday February 12	Tuesday February 13	Wednesday February 14	Thursday February 15	Friday February 16	Saturday February 17	Sunday February 18
Soup	* Tomato Rice	Chicken & Dill	* Cream of Broccoli	Mulligatawny Soup	Potato Leek	* Minestrone Soup	
Entrée 1	Turkey Burger	Roast Beef & Cheddar Sandwich on Whole Wheat	California Chicken Salad	Assorted Sandwich on White	Turkey Mango Salad	Philly Cheese Steak Sub	Brunch Buffet
side	Hashbrowns & Tomato Slices	Tossed Salad	Pita	* Beet & Onion Salad	Dinner Roll	French Fries	
Entrée 2	* Eggs Benedict	Tempura Shrimp on Warm Quinoa Salad	Grilled Cheese Sandwich	Leek & Bacon Quiche	* Egg Salad on Croissant	Chicken Salad Sandwich on Whole Wheat	Brunch Buffet
Side	Hashbrowns & Tomato Slices	Dinner Roll	Potato Chips	* Beet & Onion Salad	House Salad	Garden Salad	
Dessert	Pecan Streusel Cake	Ice Cream	Apple Cake	Cinnamon Danish	Strawberry Banana Smoothie	Carrot Cake	Assorted Desserts

Dinner

Appetizer	Spinach Salad	House Salad	Risotto Balls & Garlic Mayo	Garden Salad	Mini Spring Rolls Plum Sauce	Artichoke Salad	Greek Salad
Entrée 1	Shepherds Pie	Butter Chickpeas on Rice	Red Wine Braised Veal Shoulder	Penne & Meat Sauce	Teriyaki Beef & Broccoli	Veal Marsala	Mediterranean Chicken
Side	Mashed Potatoes	Naan	Whipped Potatoes	Garlic Bread	Steamed Rice	Mashed Potatoes	Roasted Mini Red Potatoes
Entrée 2	Pork Stir Fry	Fish n' Chips Tartar Sauce	Lobster Ravioli	* Coq au Vin Chicken Thighs	Miso Soy Glazed Cod	Pork Goulash	Sole Filet w/ Parsley Sauce
Side	Shanghai Noodles			Steamed Potatoes with Parslev	Steamed Rice	Mashed Potatoes	Roasted Mini Red Potatoes
Vegetable	* Broccoli	Coleslaw	*Cauliflower	Green Beans	Tangy Coleslaw	Roasted Carrots	Mixed Vegetables
Vegetable	Diced Carrots	Seasoned Peas	Zucchini	* Seasoned Broccoli	Sauteed Bok Choy	Buttered Corn	
Dessert	Warm Bread Pudding	Assorted Desserts	Chocolate Mousse	Brownies & Ice Cream	Pineapple Upsidedown Cake	Cherry Cheesecake	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