

CHEF'S WEEKLY MENU PLAN

Week #1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	July 17	July 18	July 19	July 20	July 21	July 22	July 23
Soup of the Day	Cream of Asparagus	Beef Vegetable Barley	Potato and Bacon Chowder	Creamy Chicken and Vegetable	Roasted Garlic and Onion	Vegetable Puree	Italian Wedding
Choice#1	Vegetable Breakfast Omelet Sandwich on Toasted Bagel	Ham and Cheese Wrap	Seafood Trio (Tuna Salad, Poached Shrimp, Smoked Salmon,) Cocktail Sauce	Hot Roast Beef Sandwich w/ Onion Rings	Egg salad Sandwich on Baked Croissant	Ruben Sandwich on rye w/ Sweet Pickles	Pancakes w/ Maple Syrup and Crispy Bacon
Choice #2	Mandarin Mango Salad w/ Crispy Fish	Broiled Hamburger w/ Traditional Garnish	Poached Egg over Vegetable Potato Hash	Smoked Turkey Pear and Brie Salad	Fish and Chips w/ Coleslaw	Fresh Fruit Plate with Cottage Cheese	BBQ Chicken Dippers w/ Sweet Potato Fries
Dessert	Fruit Cup, Jello, Strawberry Short Cake, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Strawberry Short Cake, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Strawberry Short Cake, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Strawberry Short Cake, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Strawberry Short Cake, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Strawberry Short Cake, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Strawberry Short Cake, Cookies, Assorted Ice Cream
Dinner							
Appetizer #1	Garden Salad	Hummus w/ Tortilla Chips	Caesar Salad	Guacamole w/ Wonton Chips	Truffle Parmesan Poutine	Creamy Cucumber and Dill	Spinach and Mandarin Salad
Entree #1	Seafood Casserole w/ Cheesy Mashed Crust	Vegetable Beef Stir-fry	Veal Piccata w/ Caper Mushroom Jus	Breaded Pork Schnitzel w/ Sauerkraut	Spaghetti and Meatballs	Herb Roasted Pork Tenderloin w/ Mushroom Gravy	Roast Striploin of Beef w/ peppercorn Sauce
Entrée #2	Meatloaf with Gravy and Onion Straws	Crispy Baked Chicken Legs	Poached Pacific Snapper w/ Cucumber and Tomato Salsa	Roasted Herb Whole Chicken w/ Pan Jus	Braised Lamb Loins	Turkey Stroganoff Stew over Egg Noodle	Baked Tilapia with Avocado and corn Relish
Potato & Vegetables of the Day	Mashed Potatoes, Zucchini and Cauliflower	Rice Pilaf, Carrots, and Peas	Scalloped Potatoes, Vegetable Medley	Stable Boy Potato, Asparagus and Braised Red Cabbage	Boiled Parsley Potato Roasted Brussel Sprouts and Squash	Parisian Potato, Broccoli Spears & Corn	Mashed Potato, Green Beans and Pepper Triangles
Dessert	Banana Pudding	Chef Surprise Dessert	Fresh Ontario Berry Bowl w/ Whipped Cream	Chef Surprise Dessert	Praline and Cream w/ Wafer	Chef Surprise Dessert	Strawberry Cream Pie