

CHEF'S WEEKLY MENU PLAN

Week #3							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Aug 14	Aug 15	Aug 16	Aug 17	Aug 18	Aug 19	Aug 20
Soup of the Day	Vegetable Chick Pea	Pea and Coconut Soup	Broccoli Puree	Tomato Dill	Beef Vegetable Barley	Squash and Roasted Red Pepper	Chicken Noodle
Choice #1	BBQ Brushed Sausage on a Bun	Hawaiian Salad	Raspberry and Ricotta Stuffed French Toast w/ Maple Syrup	Grilled Cheese Sandwich on whole Wheat	Fish and Chips with Coleslaw	Tuna Salad Sandwich	Corn Beef on Rye w/ Horseradish Mayo
Choice #2	Chicken Wrap w/ Cucumber Greek Dressing	Egg Salad Sandwich on Baked Croissant	Pan Seared Turkey Burger w/ Caramelized onion and Swiss Melt	Poached Eggs, Peameal Mushroom Cherry Tomato and Onion Sautee	Poached Pear and Stilton with Herb Croutons	B.L.T. Quiche (Bacon Leek and Tomato)	Vanilla Flap Jacks w/ Breakfast Sausage
Dessert	Fruit Cup, Jell-O, Pudding, Cookies, Caramel Pecan Brownie, Assorted Ice Cream	Fruit Cup, Jell-O, Pudding, Cookies, Caramel Pecan Brownie, Assorted Ice Cream	Fruit Cup, Jell-O, Pudding, Cookies, Caramel Pecan Brownie, Assorted Ice Cream	Fruit Cup, Jell-O, Pudding, Cookies, Caramel Pecan Brownie, Assorted Ice Cream	Fruit Cup, Jell-O, Pudding, Cookies, Caramel Pecan Brownie, Assorted Ice Cream	Fruit Cup, Jell-O, Pudding, Cookies, Caramel Pecan Brownie, Assorted Ice Cream	Fruit Cup, Jell-O, Pudding, Cookies, Caramel Pecan Brownie, Assorted Ice Cream
Dinner							
Appetizer #1	Cod Nuggets w/ Tartar Sauce	Caesar Salad	Cucumber and Dill Salad	Chilled Peach and Raspberry Soup	Garden Salad	Wonton Crisps w/ Spinach and Artichoke	Mandarin and Almond Salad
Entree #1	Veal Meatloaf w/ Mushroom Gravy	Pan Seared Lake Erie Perch w/ Fresh Lemon	Mince Meat Pork Pie	Liver Onions w/ Balsamic Onion Jus	Pork Souvlaki Plate	Herb Crusted Lamb w/ Rosemary Jus	Roasted Top Sirloin w/ Yorkshire and Jus
Entrée #2	Roasted Pork Tenderloin w/ Dijon Mustard Jus	Honey Hoisin Glazed Chicken Breast	Crab Cake w/ Guacamole and Pico de Gallo	Turkey Cheddar and Pea Casserole	Saffron Squash and Chick Pea Stew	Panko Breaded Ocean Perch w/ Tarragon Aioli	Peach BBQ Brushed Duck Legs
Potato & Vegetables of the Day	Roasted Potato, Broccoli and Corn	Saffron Rice, Honey Glazed Carrots & Green Beans	Sweet Potato Puree, Braised Cabbage and Peas	Mashed Potatoes, Brussel Sprouts and Cauliflower	Cinnamon Basmati Rice, Roasted Zucchini, Onion and Cherry Tomato	Parisian potatoes, Almond Green Bean and Pepper Sautee	Baked Potato, Corn on the Cob and Marinated Mushrooms
Dessert	Cinnamon Chantilly Poached Pear	Chef Surprise Dessert	Marinated Berry Bowl	Chef Surprise Dessert	Ice Cream Cake	Chef Surprise Dessert	Lemon Meringue Pie