

CHEF'S WEEKLY MENU PLAN

Week #1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Aug 7	Aug 8	Aug 09	Aug 10	Aug 11	Aug 12	Aug 13
Soup of the Day	Chicken Vegetable and Rice	Potato and Bacon Puree	Squash Bean and Beef	Fish Gumbo	Hoisin Thai Chicken Noodle	Vegetable Puree	Carrot and Coconut Puree
Choice#1	Raspberry Flapjacks w/ Maple Syrup	Vegetable and Tomato Wrap w/ Pesto Drizzle and Balsamic Glaze	Bacon Cheddar and Pea Quiche w/ Chefs Salad	Panzanella Salad w/ Feta	Fish and Chips with Coleslaw	Poached Pear Crispy Bacon and Danish Blue Salad	Scrambled Eggs with Breakfast Sausage and Toast
Choice #2	Crispy Beef Asian Bowl	B.L.T. Sandwich on Whole Wheat	Cold Salad Plate (Egg Salad, Potato Salad and Poached Shrimp) w/ Dinner Roll	BBQ Brushed Hamburger w/ Sautéed onions and Mushrooms	Poke Bowl Rice topped with sautéed vegetable and sunny side egg	Chicken Wings w/ Veg and Dip	Tuna Melt on Baked Biscuit
Dessert	Fruit Cup, Jello, Homemade Cookies, Boston Cream Cake, Assorted Ice Cream	Fruit Cup, Jello, Homemade Cookies, Boston Cream Cake, Assorted Ice Cream	Fruit Cup, Jello, Homemade Cookies, Boston Cream Cake, Assorted Ice Cream	Fruit Cup, Jello, Homemade Cookies, Boston Cream Cake, Assorted Ice Cream	Fruit Cup, Jello, Homemade Cookies, Boston Cream Cake, Assorted Ice Cream	Fruit Cup, Jello, Homemade Cookies, Boston Cream Cake, Assorted Ice Cream	Fruit Cup, Jello, Homemade Cookies, Boston Cream Cake, Assorted Ice Cream
Dinner							
Appetizer #1	Pretzel Bites w/ Honey Dijon Dip	Apple and Celery Salad	Ontario Peach, Beet and Goat Cheese Salad	Salad Bar	Risotto Balls w/ Marinara	Mango and Avocado Salad	Caesar Salad
Entree #1	Chicken, Sausage and Sweet Pea Paella	Almond and Basil Crusted Sole	Baked Grouper w/ Peach & Tangerine Broken Butter Sauce	Carved Porchetta Station w/ Fixings	Tomato Skillet Salmon Medallion Supper	Truffle Sea Salt Roasted Pork Shoulder w/ Gravy	Roast Striploin of Beef w/Red Wine Sauce
Entrée #2	Cheese Ravioli In Pesto Vegetable Tomato Sauce	Sheppard's Pie	Dry Rub Roasted Ribs w/ Peach BBQ Sauce	Jerk Chicken Legs	Braised Beef Ragout	Lamb Skewers w/ Pan Jus	Eggplant Parmesan
Potato & Vegetables of the Day	Saffron Rice and Vegetables	Caramelized Onion Mashed, Peas and Honey Glazed Carrots	Double Stuffed Baked Potato Vegetable Cassoulet	Rice and Peas, Roasted Vegetables	Egg Noodles Green Beans and Corn	Mashed Potato, Roasted Turnip and Brussel Sprouts	Parisian Potato, Vegetable Medley
Dessert	Maple Walnut Ice Cream	Chef Surprise Dessert	Peach Tiramisu Parfait	Pineapple Upside Down Cake	Cheese and Crackers	Chef Surprise Dessert	Cherry Pie