

## CHEF'S WEEKLY MENU PLAN

Week #2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	October 09	October 10	October 11	October 12	October 13	October 14	October 15
Soup of the Day	Gingered Squash and Carrot Puree	Vegetable Puree	Italian Wedding	Potato Bacon and Beer Puree	Vegetable Split Pea	Beef Vegetable Noodle	Thai Coconut and Chicken
Choice#1	Vegetable Frittata w/ Chefs Salad	Caesar Salad w/ Garlic Cheese Bread	Smoked Beef and Cheddar Hoagie	Tater Tot Sweet Chili Poutine	Cobb Salad	Fried Egg and Tomato Sandwich on Toasted Bagel	Ham Salad Sandwich on Whole Wheat
Choice #2	Boiled Hot Dog on a Bun	Chicken Salad Sandwich w/ Avocado Mousse	Crispy Fish Wrap w/ Lemon Mango Chipotle Tartar	Grilled Turkey and Cheddar Melt	Fish and Chips w/ Coleslaw	Cheesy Mushroom, Sweet Pea Casserole	Vanilla Pancakes w/ Farmers Sausage
Dessert	Fruit Cup, Jello, Tiramisu Cake, Pudding, Cookies, Ice Cream	Fruit Cup, Jello, Tiramisu Cake, Pudding, Cookies, Ice Cream	Fruit Cup, Jello, Tiramisu Cake, Pudding, Cookies, Ice Cream	Fruit Cup, Jello, Tiramisu Cake, Pudding, Cookies, Ice Cream	Fruit Cup, Jello, Tiramisu Cake, Pudding, Cookies, Ice Cream	Fruit Cup, Jello, Tiramisu Cake, Pudding, Cookies, Ice Cream	Fruit Cup, Jello, Tiramisu Cake, Pudding, Cookies, Ice Cream
Dinner							
Appetizer #1	Wheatberry Salad w/ Dried Cranberries	Baked Corn Muffin w/ Honey Butter	Tuscan Bean Salad	Cucumber Dill Salad	Pot Stickers w/ Sesame Soya Dip	Garden Salad	Mandarin and Almond Salad
Entree #1	Turducken Dinner Over Stuffing	Sweet Sour Crispy Pork	Liver Onions and Bacon w/ Balsamic Glaze Jus	Stuffed Acorn Squash w/ Moroccan Chick Pea Stew	Salisbury Steak w/ Onion Jus	Linguine Carbonara w/ Garlic Parmesan Bread	Roast Striploin w/ Mushroom Gravy
Entrée #2	Maple Syrup Glazed Ham w/ Apple Sauce	Poached Atlantic Salmon w/ Fresh Lemon Wedge	Cinnamon and Root Vegetable Roasted Lamb Shoulder Chop	Chicken Souvlaki with Tzatziki	Hoisin Brushed Pork Tenderloin	Roasted BBQ Chicken with Herb Truffle Jus	Baked Cape Capensis with Tomato Olive and Feta Salad
Potato & Vegetables of the Day	Parisian Potato, Cranberry Brussel Sprouts and Turnips	Rice Pilaf, Corn & Broccoli	Mashed Potato, Cauliflower and Green Beans	Cinnamon Basmati Rice, Lemon and Herb Roasted Vegetables	Roasted Potato, Braised Red Cabbage and Turnips	Baked Potato, Roasted Squash and Mashed Peas	Mashed Potato, Vegetable Medley
Dessert	Pumpkin Pie	Chef Surprise Dessert	Marinated Poached Pears	Chef Surprise Dessert	Butter Tart Square	Chef Surprise Dessert	Boston Cream Cake