

CHEF'S WEEKLY MENU PLAN

Week #1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	JANUARY 15	JANUARY 16	JANUARY 17	JANUARY 18	JANUARY 19	JANUARY 20	JANUARY 21
Soup of the Day	Turkey Vegetable Barley	Creamy Broccoli	Parsnip and Apple Puree	French Onion w/ Herb Croutons	Corn Chowder	Potato and Leek Puree	Minestrone
Choice#1	Julienne Salad	Grilled Cheese and Bacon Sandwich	Crab Cake w/ Guacamole and Shredded Lettuce	Broiled Hamburger	Leek and Tomato Frittata	Grilled Ham and Swiss Sandwich w/ and Tomato	Vanilla Waffles w/ Caramel Drizzle and Whipped Cream
Choice #2	Pastrami Sandwich w/ Horseradish Mayo	Crispy Chicken Karaage	Scrambled Egg and Cheddar Breakfast Wrap	Tuna Salad Plate	Fish and Chips w/ Coleslaw	Mediterranean Chicken Salad with Chick Peas	Fried Egg and Cheese Sandwich on Baked Biscuit
Dessert	Fruit Cup, Jell-O, Homemade Cookies, German Chocolate Cake, Ice Cream	Fruit Cup, Jell-O, Homemade Cookies, German Chocolate Cake, Ice Cream	Fruit Cup, Jell-O, Homemade Cookies, German Chocolate Cake, Ice Cream	Fruit Cup, Jell-O, Homemade Cookies, German Chocolate Cake, Ice Cream	Fruit Cup, Jell-O, Homemade Cookies, German Chocolate Cake, Ice Cream	Fruit Cup, Jell-O, Homemade Cookies, German Chocolate Cake, Ice Cream	Fruit Cup, Jell-O, Homemade Cookies, German Chocolate Cake, Ice Cream
Dinner							
Appetizer #1	Garden Salad	Spinach Dip w/ Pita Chips	Apple and Walnut Salad	Sweet Potato Fries w/ Mango Chipotle Mayo	Cucumber and Dill Salad	Garlic Bread Sticks w/ Marinara	Vegetable Asian Slaw
Entree #1	Broiled Pork Chops w/ Dijon Jus	Seafood Sheppard's Pie	Pan Seared Liver Bacon and Onions	Lemon and Herb Roasted Chicken w/ Herb Pan Sauce	Spaghetti Bolognese w/ Pesto Drizzle	Pork Cutlet w/ Creamed Spinach	Roast Striploin of Beef with Yorkshire Pudding
Entrée #2	Hearty Chicken Stew	Beef Tenderloin Tip Stroganoff	Baked Tilapia w/ Tomato Basil Salsa	Sweet and Sour Crispy Pork	Guinness Braised Lamb Shanks	Turkey Mushroom Sautee Stew	Smoked Salmon Linguine Alfredo w/ Garlic Bread
Potato & Vegetables of the Day	Roasted Potato, Cauliflower & Asparagus	Mashed Potato, Peas & Roasted Parsnips	Sweet Potato Puree, Brussel Sprouts & Roasted Squash	Vegetable Rice, Julienne Vegetable Sautee	Egg Noodles Carrots & Roasted Turnips	Mashed Potato, Corn & Fresh Broccoli	Parisian Potato, Vegetable Medley
Dessert	Chocolate Raspberry Tartufo	Chef Surprise Dessert	Blueberry Cheesecake	Chef Surprise Dessert	Sticky Toffy Cake	Chef Surprise Dessert	Apple Pie