

CHEF'S WEEKLY MENU PLAN

Week #1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	April 31	May 1	May 2	May 3	May 4	May 5	May 6
Soup of the Day	Cream of Asparagus	Sausage and Bean Gumbo	Parmesan Egg Drop and Pasta	Carrot Orange and Ginger	Chicken Noodle	Chunky Tomato and Potato	Vegetable Puree
Choice #1	Grilled Cheese and Tomato Sandwich	Vegetable Goat Cheese Wrap w/ Balsamic Glaze	Chicken Salad Sandwich	Spinach and Onion Quiche w/ Chefs Salad	Taco Salad w/ Crispy Tortilla	Tuna Salad Sandwich	Eggs Over easy with Home fries and Toast Points
Choice #2	Smoked Salmon Radish and Boiled Egg Salad	Hot Dog on a Bun	Popcorn Shrimp w/ Asian Slaw	Roast Beef Sandwich w/ Horseradish Mayo	Fish and Chips w/ Coleslaw	French Toast w/ Ontario Maple syrup and Breakfast Sausage	Smoked Duck Salad
Dessert	Fruit Cup, Jell-O, Strawberry Short Cake, Pudding, Cookies, Assorted Ice Cream	Fruit Cup, Jell-O, Strawberry Short Cake, Pudding, Cookies, Assorted Ice Cream	Fruit Cup, Jell-O, Strawberry Short Cake, Pudding, Cookies, Assorted Ice Cream	Fruit Cup, Jell-O, Strawberry Short Cake, Pudding, Cookies, Assorted Ice Cream	Fruit Cup, Jell-O, Strawberry Short Cake, Pudding, Cookies, Assorted Ice Cream	Fruit Cup, Jell-O, Strawberry Short Cake, Pudding, Cookies, Assorted Ice Cream	Fruit Cup, Jell-O, Strawberry Short Cake, Pudding, Cookies, Assorted Ice Cream
Dinner							
Appetizer #1	Roasted Red Pepper Hummus w/ Pita	Mandarin Orange Salad	Mozzarella Cheese sticks w/Marinara	Garden Salad	Spanakopita w/ Sour Cream	Garden Salad	Arugula Caprese w/ Balsamic Glaze
Entree #1	Pork and Kim Chi Pot Stickers	Broccoli Mac and Cheese Bake	Caribbean Lamb Stew	Ginger Peach Chicken Stir Fry	Roast Beef A Jus	Lemon Pepper Crusted Sole (Gluten Free)	Roasted Veal w/ Peppercorn Jus
Entrée #2	Chicken Balls w/ Plum Sauce	Poached Atlantic Salmon	Pork Schnitzel w/ Mushroom Gravy	Baked Orange Roughy w/ Caper Butter Sauce	Braised Pork Chop in Mushroom Gravy	BBQ Brushed Chicken Legs	Turkey Lasagna w/ Garlic Bread
Potato & Vegetables of the Day	Coconut Rice, Sautee Vegetables	Boiled Potatoes Carrots and Broccoli	Mashed Potato Braised Red Cabbage and Cauliflower	Chow Mein Noodles, Julienne Vegetables	Roasted Potato, Squash and Brussel Sprouts	Parisian Potato, Turnip and Peas	Mashed Potatoes, Vegetable Medley
Dessert	Apple Sauce w/ Cinnamon	Chef Surprise Dessert	Lemon Bar Square	Chef Surprise Dessert	Carrot Cake	Chef Surprise Dessert	Sunday Pie