

CHEF'S WEEKLY MENU PLAN

Week #4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Aug 27	Aug 28	Aug 29	Aug 30	Aug 31	Sept 1	Sept 2
Soup of the Day	Pork wonton egg drop	Beef Noodle Soup	Italian wedding	Cream of mushroom	Vegetable Chick Pea and Lentil	Potato Leek	Turkey Vegetable Noodle
Choice #1	Perogies w/ Caramelized Onion and Sour Cream	Italian sausage w/ Molasses Baked Beans	Crispy Chicken Caesar Salad	Ham and Swiss Quiche with Chef salad	Fish and Chips with Coleslaw and Fries	Hearty Chili w/ Baked Biscuit	Egg and cheese on toasted bagel
Choice #2	Avocado Chicken ranch wrap	Pear and Beet Salad with feta cheese	Cheddar and Egg on Baked Croissant	Grilled Cheese on Brown	Grilled Cheese Burger with Fries	Chicken Salad Sandwich	Caprese Salad
Dessert	Fruit Cup, Assorted Pudding, Baked Cookies, Vanilla Sponge Cake Assorted Ice Cream	Fruit Cup, Assorted Pudding, Baked Cookies, Vanilla Sponge Cake Assorted Ice Cream	Fruit Cup, Assorted Pudding, Baked Cookies, Vanilla Sponge Cake Assorted Ice Cream	Fruit Cup, Assorted Pudding, Baked Cookies, Vanilla Sponge Cake Assorted Ice Cream	Fruit Cup, Assorted Pudding, Baked Cookies, Vanilla Sponge Cake Assorted Ice Cream	Fruit Cup, Assorted Pudding, Baked Cookies, Vanilla Sponge Cake Assorted Ice Cream	Fruit Cup, Assorted Pudding, Baked Cookies, Vanilla Sponge Cake Assorted Ice Cream
Dinner							
Appetizer #1	Mandarin Salad	Walnut and goat cheese salad	Garden Salad	Spring Rolls w/ Plum Sauce	Caesar Salad	Tomato and Feta Bruschetta	Greek Salad
Entree #1	Vegetable and tofu Stir fry With Fried Rice	Veal Stroganoff	Baked Vegetable and Cheese	Poached Basa with tomato salsa	Cajun Shrimp	Chicken shawarma Plate	Roast Top Sirloin w/ Yorkshire Pudding
Entrée #2	Sweet and Sour Crispy Pork	Lemon Dill Poached Salmon	Spaghetti and Meatballs	Chicken cordon bleu	Lamb and Veal Artisan Stew	Braised cabbage roll with tomato sauce	Baked Tilapia w/ olive salsa
Potato & Vegetables of the Day	Fried Rice Vegetable Sautee	Roasted red potato, Corn cob and Carrots	Baked potato with sour cream	Mashed potato, Asparagus and diced carrots	Boiled Parsley potato, Broccoli and corn	Rice Pilaf, Corn and cauliflower	Parisian Potato Vegetable Medley
Dessert	Red Velvet Cake	Chef Surprise Dessert	Country Carrot Cake	Chef Surprise Dessert	Caramel swirl cake	Chef Surprise Dessert	Sunday Pie