

CHEF'S WEEKLY MENU PLAN

Week #1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Aug 6	Aug 7	Aug 08	Aug 09	Aug 10	Aug 11	Aug 12
Soup of the Day	Mushroom and Stilton	Potato and Bacon Puree	Squash Bean and Beef	Roasted Red Pepper and Tomato	Chicken Noodle	Vegetable Puree	Carrot and Coconut Puree
Choice#1	Blueberry Flapjacks w/ Maple Syrup	Turkey Bow Tie Pasta	Bacon Cheddar and Pea Quiche w/ Chefs Salad	Panzanella Salad w/ Feta	Fish and Chips with Coleslaw	Egg Salad Sandwich on Baked Croissant	Scrambled Eggs with Breakfast Sausage and Toast
Choice #2	Vegetable and Tomato Wrap w/ Pesto Drizzle and Balsamic Glaze	B.L.T. Sandwich on Whole Wheat	Tuna Salad Wrap	BBQ Brushed Hamburger w/ Sautéed onions and Mushrooms	Crispy beef Asian bowl	Chicken Wings w/ Veg and Dip	Poached Pear Crispy Bacon and Danish Blue Salad
Dessert	Fruit Cup, Jell-O, Homemade Cookies, Daily Dessert, Assorted Ice Cream	Fruit Cup, Jell-O, Homemade Cookies, Daily Dessert, Assorted Ice Cream	Fruit Cup, Jell-O, Homemade Cookies, Daily Dessert, Assorted Ice Cream	Fruit Cup, Jell-O, Homemade Cookies, Daily Dessert, Assorted Ice Cream	Fruit Cup, Jell-O, Homemade Cookies, Daily Dessert, Assorted Ice Cream	Fruit Cup, Jell-O, Homemade Cookies, Daily Dessert, Assorted Ice Cream	Fruit Cup, Jell-O, Homemade Cookies, Daily Dessert, Assorted Ice Cream
Dinner							
Appetizer #1	Guacamole w/ Tortilla Chips	Apple and Celery Salad	Peach, Beet and Goat Cheese Salad	Spring Rolls w/ Plum Sauce	Garden Salad	Garlic Cheese Bread	Caesar Salad
Entree #1	Chicken, Sausage and Sweet Pea Paella	Almond and Basil Crusted Sole	Lamb Skewers w/ Pan Jus	Roasted Veal w/ Peppercorn Jus	Honey Hoisin Salmon Medallion Sautee	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	Boiled Cottage Roll w/ Apple Sauce	Jerk Chicken Legs	Braised Beef Ragout	Duck Legs Blueberry Jus	Eggplant Parmesan
Potato & Vegetables of the Day	Saffron Rice and Vegetable Sautee	Caramelized Onion Mashed, Peas and Honey Glazed Carrots	Baked Potato Roasted Mushrooms and Pepper Triangles	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	Apple Blossom	Chef Surprise Dessert	Cheese and Crackers	Chef Surprise Dessert	Peach Pie