

## CHEF'S WEEKLY MENU PLAN

Week #1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	October 1	October 2	October 3	October 4	October 5	October 6	October 7
Soup of the Day	Corn Chowder	Turkey Noodle Soup	Broccoli Puree	Asian Broth Egg drop	Cream of Mushroom	Beef Noodle Consommé	Potato and leek Soup
Choice#1	Pancakes w/ Fresh Berries	Grilled Three Cheese Sandwich whole wheat	Honey Garlic Parmesan Chicken wings	Mac n Cheese with Panko Crust	Fish and Chips w/ Coleslaw	Karaage Chicken Salad	Montreal Sandwich with horseradish mayo
Choice #2	Western Omelet with Toast points	Fresh Fruit Plate w/ Cottage Cheese and Scone	Tuna Salad sandwich on baked croissant	Turkey Cheddar Sandwich	Grilled Hamburger with cheese and smoked Mayo	Sunny Side Up Egg with Bacon and Toast points	Julienne Salad
Dessert	Fruit Cup, Jello, Pudding, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Pudding, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Pudding, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Pudding, , Cookies, Assorted Ice Cream	Fruit Cup, Jello, Pudding, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Pudding, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Pudding, Cookies, Assorted Ice Cream
Dinner							
Appetizer #1	Parmesan lattice fries	Caesar Salad	Chicken Pot stickers	Mandarin Salad with cashew nuts	Cucumber and Dill Salad	Garden Salad	Thanksgiving dinner
Entree #1	Roasted Pork loin with herb jus	Chicken Pot Pie	Lake Erie Pickerel With Tomato Salsa	Crispy Pork Riblets In Barbecue sauce	Fish and Vegetable stir-fry	Cabbage rolls with tomato sauce	Thanksgiving dinner
Entrée #2	Shrimp Rose Bow Tie Pasta	Roasted Lamb Leg with Red wine Jus	Rotisserie Chicken with Black peppercorn Gravy	Creamy Pesto Penne with Grilled Chicken Strips	Chicken katsu (schnitzel) With white peppercorn gravy	Roasted Striploin of beef with red wine jus	Thanksgiving dinner
Potato & Vegetables of the Day	Potato Obrien (Red Pepper, White Onion, Snap peas)	Mash Potato, Diced Peas, Carrots	Red skin Roasted Potato, Honey Corn, Asparagus	Baked Potato Broccoli & Zucchini	Bacon Fried Rice, Carrots and Broccoli	Baked Potato, Cauliflowers, Red Peppers	Thanksgiving dinner
Dessert	Ice Cream Bars	Chef Surprise	Carrot Cake	Chef Surprise	Vanilla Swirl Cake	Chef Surprise	Thanksgiving dinner