

CHEF'S WEEKLY MENU PLAN

Week #1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	September 17	September 18	September 19	September 20	September 21	September 22	September 23
Soup of the Day	Sweet Potato and Coconut	Beef Vegetable Noodle	Leek and Potato Puree	Vegetable Chick Pea Puree	Turkey & Vegetable	Tomato Bisque	Vegetable Puree
Choice#1	Falafel Salad	Julienne Salad	Tuna Salad Plate on a bed of lettuce with Whole wheat roll	Torpedo Shrimp with sweet and sour sauce	Fish and Chips w/ Coleslaw	Chicken Dippers with Plum Sauce	Ham and Cheese Sandwich
Choice #2	Tuna Salad Sandwich on baked Croissant	Crispy Chicken Ranch Wrap	French Toast w/ Breakfast Sausage	Fried Egg with Bacon and toast	Beef Sliders with Fries	Egg Salad Sandwich on Twelve Grain Bread	Vanilla Waffle with fresh Fruits
Dessert	Fruit Cup, Jello, Pudding, Chocolate Pecan Caramel Brownie, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Pudding, Chocolate Pecan Caramel Brownie, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Pudding, Chocolate Pecan Caramel Brownie, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Pudding, Chocolate Pecan Caramel Brownie, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Pudding, Chocolate Pecan Caramel Brownie, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Pudding, Chocolate Pecan Caramel Brownie, Cookies, Assorted Ice Cream	Fruit Cup, Jello, Pudding, Chocolate Pecan Caramel Brownie, Cookies, Assorted Ice Cream
Dinner							
Appetizer #1	Tortilla Crisp with cheese sauce	Garden Salad	Spring Rolls w/ Plum Sauce	Caesar Salad	Corn bread with honey butter	Beet Salad	Tomato and cucumber salad
Entree #1	Roasted Pork loin with Creamy peppercorn gravy	Beef Pot Pie	Lemon and Herb baked Cod Loins w/ Citrus Hollandaise	Mongolian Beef Scallion Sautee	Roasted Leg Of Lamb w/ Mint Jus	Pork Katsu (Schnitzel) with Carbonara Sauce	Montreal Spiced Striploin Roast
Entrée #2	Shrimp and Vegetable Stir fry	Cheese Cannelloni in Basil tomato Sauce	Pork Paprikash with Sour Cream	Teriyaki Salmon Fillet	Mango Chipotle BBQ Brushed Chicken legs	Taiwanese Chow Mein with Vegetable and Shrimp	Butter Poached Pickerel
Potato & Vegetables of the Day	Fried rice, peas and corn	Roasted Potato Vegetable Medley	Mash Potato, Turnips and Carrots	Vegetable Fried Rice with Julienne Vegetables	Parisian Potato Peas and yellow Zucchini	Roasted Redskin Potato and Carrots and Snap peas	Mashed Potatoes Cauliflower and Asparagus
Dessert	Fruit Plate	Chef Surprise	Country Carrot Cake	Chefs Surprise	Boston Cream Donuts	Chef Surprise	Pecan Pie