

CHEF'S WEEKLY MENU PLAN

Week #1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	October 22	October 23	October 24	October 25	October 26	October 27	October 29
Soup of the Day	Italian Wedding	Turkey Vegetable broth	Kale and Beans soup	Creamy Vegetable noodle soup	Vegetable Puree	Beef Vegetable Barley	Tomato bisque
Choice#1	Chicken BLT Sandwich on Brown	Egg Salad Sandwich on Baked Croissant	Ham and Cheese Omelet with toast Points	Blueberry Pancakes with English Cream	Savory Spinach Egg Tarts	Tomato and Egg on Baked Croissant bun	Baby Kale Caesar Salad with Bacon bits, Savory croutons and Bread roll
Choice #2	Crab Meat Garden Salad with Italian Dressing	Perogies with Caramelized onions and bacon	Tossed Vegetable Salad	Fresh Fruit Plate with scones	Fish & Chips With Coleslaw	Quinoa, arugula Berry Salad with Blueberry	French Toast with Maple Syrup and Breakfast sausage
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	Garden Salad	Mandarin Salad	Torpedo Shrimp with Ranch sauce	Caesar Salad	Parmesan Lattice Fries	Samosa with Sweet and sour sauce	Creamy cucumber dill Salad
Entree #1	Beef and Vegetable Stew With Yorkshire Pudding	Chicken Pot pie with Creamy Gravy	Barbecue baked Chicken Wings	Roasted Leg of Lamb with Black Peppercorn Sauce	Spaghetti and Meat balls with Garlic toast	Beef Meatloaf with barbecue sauce	Beef Pot Roast with Red wine Herb Jus
Entrée #2	Mild Italian sausage Red Peppers and Onions	Roasted herb Pork loin with red wine jus	Seared Mahi Mahi fillet with tomato Salsa	Lemon Butter Sautéed Shrimp	Roasted Cornish Hen with Lemon herb rub	Butter Poached Cod fillet with Lemon Sauce	Braised Chicken Legs/ thighs with herb gravy
Potato & Vegetables of the Day	Boiled Pesto Potato	Mashed Potato, Peas and Carrots	Roasted Potatoes, Cauliflower and Asparagus	Parisian Potatoes, Broccoli and Corn	Baked Potato Vegetable Medley	Lemon herb Potato, Broccoli and Red Onion Sautee	Cauliflower & Carrots
Dessert	Blueberry Flan cake	Chef Surprise Dessert	Nanaimo Bars	Chef Surprise Dessert	Chocolate Brownies	Chef Surprise Dessert	Pumpkin Pie