

Dec 4th - Dec 10th



Lunch

Week 6	Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th	Sunday 10th
Soup	Corn Chowder	Chicken Noodle	Cream of Asparagus	Tomato Dill Rice	Cream of Mushroom	Cream of Vegetable	* Minestrone Soup
Entrée 1	Turkey Swiss Croissant	Chicken Karage Pieces	Beef Taco Salad	Egg Salad Sandwich	Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce	Beef Dip Sandwich	Bacon & Scrambled Eggs
side	Tossed Salad	Fries & Tomato slices		Cucumber & Tomato Slices	Creamy Coleslaw	Caesar Salad	Hashbrown & tomato slice
Entrée 2	Philly Cheesesteak Sub	Cobb Salad	Grilled Cheese Sandwich	Beef Burger with Cheddar Crispy onion & Lettuce	Grilled Chicken Breast on Greek Salad	Chicken Gnocchi Alfredo(Potato Pasta)	Veggie Omelette
Side	Tossed Salad	Breadstick	Tater Tots w/ Tomato slice	Cucumber & Tomato Slices	Pita	Caesar Salad & Breadstick	Hashbrown & tomato slice
Dessert	Strawberry Yogurt Parfait	Assorted Desserts	Banana Pudding	Maple Walnut Ice Cream	Rice pudding	Assorted Desserts	Butterscotch Pudding

DINNER

Appetizer	Waldorf Salad	Cucumber Dill Salad	Harvest Salad	Sausage roll	Jell-O Salad	Chinese Cabbage Salad	Russian Salad
Entrée 1	Black Pepper Shrimp Stir fry	Ham & Cheese Chicken Breast	Sausage & Penne Pasta	Braised Pork Tenderloin in Apples	Sante Fe Chicken Thighs	Roast Pork chops in mushroom sauce	Roast Beef Au Jus with Yorkshire Pudding
Side	Steamed Rice	Parslied Potatoes	Garlic Toast	Mashed Potatoes	French Fries	Roasted Potato	Mashed Potatoes
Entrée 2	Pineapple Chicken	Ginger Soy Glazed Cod	Creamy Chicken Alfredo	Potato Crusted Cod	Pork Kabob	Hot Hamburger with Mushroom gravy	
Side	Steamed Rice	Cauliflower	Garlic Toast	Mashed Potatoes		Roasted Potato	
Vegetable	Stir Fry Vegetables	Buttered Peas	* Seasoned Broccoli	Roasted Carrots	French Fries	Steamed Broccoli	Roasted Brussel Sprouts
Vegetable			Sauteed Red & Yellow Peppers	Seasoned Peas	Mixed Vegetables	Baby Carrots	Baked Squash
Dessert	Pecan Pie	Raspberry Trifle	Banana Cake	Lemon Meringue Pie	Carrot Cake	Bread Pudding	Chocolate Cake

* Menu item contains a Superfood.

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Choose Superfoods more often for optimal health

Breakfast in the MP Room Daily 7-9 AM. Menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea