

Weekly Menu Week 1



Lunch

Week 1	Monday March 4	Tuesday March 5	Wednesday Mar 6	Thursday Mar 7	Friday Mar 8	Saturday Mar 9	Sunday Mar 10
Soup	Cock a Leekie	Turkey Vegetable	Crab and Corn Egg Drop Soup	New England Clam Chowder	Creamy Roasted Red Pepper	French Lentil	Carrot and Ginger
Entrée 1	Turkey Kale Orzo Salad	Fresh Fruit Plate with Cottage Cheese	Honey Garlic Chicken Wings	Crab Mac and Cheese	Fish & Chips with Lemon Wedge & Tartar Sauce	Scrambled Egg with Bacon & Toast	Philly Cheese Steak Sub
side	Dinner Roll	Banana Loaf Bread	French Fries	Dinner Roll & Mixed Green Salad	Creamy Coleslaw	Fresh Seasonal Fruit	French Fries
Entrée 2	BBQ Roast Beef Sandwich with Cheddar Cheese & Caramelized Onions	Poached Eggs on Corned Beef Hash & Toast	Pepperoni Pizza	Quiche Lorraine with Cheddar Cheese, Bacon & Scallions	Italian Pasta Salad with Mild Italian Sausage	Blueberry Pancake with Breakfast Sausage	BBQ Chicken Ranch Salad with Corn, Cheddar Cheese, Black Beans, Avocado & Torilla Strips
Side	Sweet Potato Fries	Tomato Slices	Caesar Salad	Mixed Green Salad	Garlic Toast	Fresh Seasonal Fruit	Dinner Rolls
Dessert	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection

DINNER

Appetizer	Sausage Rolls	Broccoli Salad	Spring Greens Strawberry Goat Cheese Salad	Spanakopita with Tzatziki Sauce	Spinach Dip with Pita Bread	Cauliflower Bite with Curry Aioli	*Bruschetta
Entrée 1	Grilled Hoisin Pork Chop	Roasted Shrimp & Asparagus Fettucine Alfredo	Beef Meatloaf with Brown Gravy	*Coq au Vin Chicken Legs with Tomato Mushroom Onion Sauce	Salisbury Steak with Mushroom Cream Sauce	Tuscan Pork Loin with Gravy & Toasted Garlic Crumble	Tuscan Vegetable Lasagna
Side	Steamed Rice	Garlic Toast	Mashed Potato	Scalloped Potato	Mini Roasted Red Potatoes	Rice Pilaf	Garlic Toast
Entrée 2	Chicken Thigh Adobo	Curried Lamb Stew	Pan Seared Tilapia Filet with Lemon Caper Butter Sauce	Braised Veal Shoulder au Jus	Potato Crusted Cod with Lemon Butter Sauce	Pan Fried Chicken with Sautéed Tomato Sauce	Roast Beef au Jus
Side	Steamed Rice	Basmati Rice	Mashed Potato	Scalloped Potato	Mini Roasted Red Potatoes	Rice Pilaf	Chive Mashed Potatoes
Vegetable	Stir Fry Vegetables	*Beets	French Green Beans	*Cauliflower	Vegetable Medley	Buttered Corn	Roasted Carrots
Vegetable		* Broccoli	Roasted Turnips	Sauteed Peppers		Zucchini	Green Peas
Dessert	Fruit Cobbler	Triple Chocolate Cake	Lemon Meringue Pie	Homemade Bread Pudding	Mango Ice Cream	Carrot Cake	Lemon Tart

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Maple

Breakfast - Daily menu choices - Boiled Eggs, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea