Lunch

Week 3	Monday Sept 2	Tuesday Sept 3	Wednesday Sept 4	Thursday Sept 5	Friday Sept 6	Saturday Sept 7	Sunday Sept 8
Soup	French Lentil	Turkey and Rice	Mulligatawny Soup	Tomato Florentine	Roasted Pear and Parsnip	Roasted Red Pepper Bisque	Chicken Long Rice Noodle
Entrée 1	Crab Salad Bowl	Spinach and Feta Quiche	Grilled Chicken Sandwich with Chipotle Sauce	Hawaiian Pizza	Fish n' Chips with Lemon Wedge & Tartar sauce	Scrambled Egg, Bacon and Brown Toast	BBQ Roast Beef Sandwich with Cheddar Cheese and Caramelized Onions
side	Dinner Roll	Apple Kale Salad	French Fries	Caesar Salad	Creamy Coleslaw	Fresh Seasonal Fruit	Mixed Green Salad
Entrée 2	All Dressed Nathan's Hot Dog	BBQ Pulled Pork Sandwich on a Soft Pretzel Bun	* Vegetarian Chili	Turkey Club Sandwich	Julienne Salad Plate	French Toast topped with Fresh Berries & Breakfast Sausage	Smoked Salmon Plate
Side	House Salad	Apple Kale Salad	Garden Salad & Corn Muffins	Caesar Salad	Dinner Roll	Fresh Seasonal Fruit	Mini Bagel
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	*Chickpea Salad	Beef Eggrolls with Plum Sauce	* Beet & Onion Salad	* Spanokopita with Tzatziki Sauce	Strawberry with Goat Cheese on Mixed Greens	Smoked Duck with on Spinach Salad	Mini Spring Rolls Plum Sauce
Entrée 1	Stuffed Peppers	Baked Rainbow Trout with Olive Tapenade	Wild Mushroom Ravioli with Rose Sauce & Basil Pesto	Baked Haddock with Tomato Basil	Slow Roasted Pork Loin with Pear & Mango Chutney	Shrimp and Mushroom Risotto	Flank Steak with Chumichurri Sauce
Side	Baked Potato with Sour Crean	Rice Pilaf	Garlic Toast	Greek Lemon Potato	Mediterranean Rice		Garlic Mashed Potatoes
Entrée 2	Pork Tenderloin Mushroom Marsala Sauce	Chicken Thigh Marbella stewed with Apricot Prune and Raisin	BBQ Pork Back Ribs	Chicken Souvlaki with Tzatziki Sauce	Balsamic Braised Short Ribs with Pear	Jerk Chicken Legs with Gravy	Almond Crusted Sole Filet with Lemon Butter Sauce
Side	Baked Potato with Sour Crean	Rice Pilaf	Potato Wedges	Greek Lemon Potato	Mediterranean Rice	Rice and Beans	Garlic Mashed Potatoes
Vegetable	Sauteed Green Cabbage	Roasted Turnips	* Broccoli	Sauteed Mixed Peppers	Buttered Corn	Asparagus	Baked Squash
Vegetable	Stuffed Tomato	Sauteed Spinach	Corn on the Cobb	Green Peas	Zucchini	Carrot Coins	French Green Beans
Dessert	Trio Dessert Plate	* Apple Brown Betty	Strawberry Cream Pie	Mango Mousse Cake	Baked Pear with Mascapone & Walnut	Buttertart	Assorted Pie

* Menu item contains a Superfood.

Choose Superfoods more often for optimal health

Living Loving Local -Pear

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