



Lunch

Week 6	Monday Sept 23	Tuesday Sept 24	Wednesday Sept 25	Thursday Sept 26	Friday Sept 27	Saturday Sept 28	Sunday Sept 29
Soup	Corn Chowder	Chicken Noodle	Cream of Cauliflower	* Tomato Rice	Sausage & Cabbage Potato Soup	Cream of Vegetable	*Navy Bean Soup
Entrée 1	Beef Taco Salad with Guacamole, Salsa, Sour Cream, Tortilla Chips	Fresh Fruit Plate with Cottage Cheese	Monte Cristo Sandwich	Southwest Guacamole Burger with Lettuce & Tomato	Vegetarian Chili with Corn Muffin & Sour Cream	Scrambled Egg with Bacon and Toast	Crab Salad on Croissant
side	-	Banana Loaf	Potato Salad	French Fries	Garden Salad	Fresh Seasonal Fruits	* Spinach Mandarin Orange Salad
Entrée 2	Roasted Shrimp Tortellini Alfredo	Grilled Turkey and Gouda Sandwich with Red Onions	Salmon Salad Wrap	Turkey Cobb Salad	Crispy Teriyaki Chicken Bowl - Spinach, Carrot, Broccoli, Marinated Edamame Beans	Peanut Butter French Toast with Caramelized Banana and Breakfast Sausage	Chicken Quesadilla with Sour Cream & Salsa
Side	Garlic Toast & Garden Salad	Summer Salad	Potato Salad	Dinner Roll	Pita	Fresh Seasonal Fruits	*Spinach Mandarin Orange Salad
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	Bruschetta on Garlic Crostini	Crispy Cauliflower Bites	Veggie Sticks & Dip	Strawberry & Goat Cheese with Mixed Greens	Pretzel Bites with Beer Cheese Dip	Caesar Salad	Brie Pear and Honey Crostini
Entrée 1	Veal Marsala	Honey Hoisin Pork Chops with Ginger & Scallions	Homemade Meat Lasagna	Herb Roasted Legg of Lamb with Mint Jus	Pork Stew with Stout & Caraway Seeds	Gnocchi tossed in Basil Pesto with Peppers, Mushroom & Rose Sauce	Cornmeal Crusted Tilapia Filet
Side	Parsley Boiled Potato	Steamed Rice	Garlic Toast & Tossed Salad	Baked Potato with Sour Cream	Mashed Potato	Garlic Toast	Roasted Red Potato
Entrée 2	Chicken Pot Pie	Baked Haddock with Roasted Red Pepper Butter Sauce	Southern Fried Chicken	Honey Glazed Ham with Orange 5-spiced Glazed	Sauerbraten (German Style Beef Pot Roast)	Mediterranean Chicken Thigh	Roast Pork Loin with Bacon Maple Pear Sauce
Side		Steamed Rice	Garlic Mashed Potato	Baked Potato with Sour Cream	Roasted Potato	Mediterranean Rice	Roasted Red Potato
Vegetable	Buttered Corn	Diced Turnips	* Seasoned Broccoli	Roasted Carrots	Roasted Mixed Vegetables	Garlic Green Beans	Zucchini
Vegetable	Brussels Sprouts	Minted Peas	Roasted Mixed Peppers	Asparagus		Baby Carrots	Baked Squash
Dessert	Homemade Bread Pudding with Vanilla Custard	Pear Cobbler	Apple Brown Betty	Brownies	Black Forest Cake	Date Squares	Cherry 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