



## Lunch

Week 1	Monday Nov 11	Tuesday Nov 12	Wednesday Nov 13	Thursday Nov 14	Friday Nov 15	Saturday Nov 16	Sunday Nov 17
Soup	Cream of Cauliflower	Corn Chowder	Beef Vegetable	Classic Cock-a-Leekie	Split Pea and Ham	Turkey & Rice	Cream of Mushroom
Entrée 1	Turkey Harvest Crisp Salad with Cranberries and Candied Pecan	Fresh Fruit Plate with Cottage Cheese	Crispy Chicken Caesar Salad	Quiche Lorraine with Cheddar Cheese, Scallions & Bacon	Fish n' Chips with Lemon Wedge & Tartar Sauce	Western Cheese Omelette with Bacon & Toast	Chicken Salad Sandwich on Whole Wheat
side	Dinner Roll	Biscuit	Dinner Roll	Tomato Cucumber Salad	Creamy Coleslaw	Fresh Seasonal Fruit	Mixed Green Salad
Entrée 2	Roasted Winter Root Vegetable Flat Bread	Peameal Bacon on Brioche with Lettuce, Tomato, Pepper & Maple Aioli	Pepperoni Pizza	Crab Mac & Cheese	Roast Beef Sandwich with Horseradish Aioli	Belgian Waffles & Sausage Link	Perogies with Bacon, Cheddar Cheese, Onions & Sour Cream
Side	Garden Salad	Greek Salad	Caesar Salad	Garlic Toast & Tomato Cucumber Salad	Apple Pecan Salad	Fresh Seasonal Fruit	Mixed Green 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	Egg Rolls with Plum Sauce	*Chickpea Salad	Cauliflower Bites with Curry Aioli	Sausage Rolls	Spinach Dip and Pita	Mozzarella Stick with Marina Sauce	Caesar Salad
Entrée 1	Curried Lamb Stew	Mushroom Ravioli with Pesto Sauce	Brown Sugar, Orange & 5-spice Glazed Ham	Oven Roasted Chicken Leg with Cranberry Rosemary Butter	Baked Penne Pasta with Roasted Vegetables	Roasted Shrimps with Creamy Chipotle Sauce	Braised Boneless Short Ribs au Jus
Side	Steamed Rice	Garlic Toast	Scalloped Potato	Roasted Mini Potato	Garlic Toast	Mediterranean Rice	Chive Mashed Potatoes
Entrée 2	Chicken Thigh Pork Adobo	Beef Meatloaf with Brown Gravy	Pan Seared Tilapia Filet with Sundried Tomato Olive Sauce	Beef Stroganoff	Tuscan Pork Loin with Gravy & Toasted Garlic Crumble	Teriyaki Glazed Chicken Breast	*Ginger Glazed Salmon Filet with Roasted Pineapple Salsa
Side	Steamed Rice	Mashed Potato	Scalloped Potato	Egg Noodles	Mini Roasted Red Potatoes	Mediterranean Rice	Chive Mashed Potatoes
Vegetable	Vegetable Medley	*Beets	French Green Beans	Seasoned Broccoli	Sugar Snap Peas	Zucchini	*Ratatouille
Vegetable		Green Peas	Baby Carrots	Roasted Turnips	Cauliflower	*Stuffed Tomato	Brussels Sprouts
Dessert	Tapioca Pudding	Fruit Cobbler	Lemon Meringue Pie	Chocolate Eclairs	Black Raspberry Cheesecake Ice Cream	Banana Cream Pie	Nanaimo Bar

\* Menu item contains a Superfood.



Choose Superfoods more often for optimal health

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