



Lunch

Week 1	Monday Feb 3	Tuesday Feb 4	Wednesday Feb 5	Thursday Feb 6	Friday Feb 7	Saturday Feb 8	Sunday Feb 9
Soup	Cream of Cauliflower	Split Pea and Ham	Beef Vegetable	Creamy Chicken Macaroni	Borscht	Turkey & Rice	Cream of Mushroom
Entrée 1	Fresh Fruit Plate with Cottage Cheese	BBQ Chicken Ranch Salad with Corn Black Beans & Tortilla Strips	Salami Deli Sandwich with Pesto Aioli, Roasted Red Pepper, Tomato & Cucumber	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	Mixed Green Salad	Tomato Cucumber Salad	Creamy Coleslaw	Fresh Seasonal Fruit	Potato Chips
Entrée 2	Peameal Bacon on Brioche with Lettuce, Tomato, Pepper & Maple Aioli	Philly Cheese Steak with Peppers & Onions	Wieners with Baked Beans	Crab Mac & Cheese	Roast Beef Sandwich with Horseradish Aioli	Belgian Waffles & Sausage Link	Pizza Deluxe with Pepperoni, Ham, Sausage, Basil, Olives, Mushroom
Side	Garden Salad	Greek Salad	Mixed Green Salad	Garlic Toast & Tomato Cucumber Salad	Apple Pecan Salad	Fresh Seasonal Fruit	Caesar 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

NATIONAL PIZZA DAY

Appetizer	Egg Rolls with Plum Sauce	Mixed Greens with Goat Cheese & Strawberry	Cauliflower Bites with Curry Aioli	Sausage Rolls	Roasted Beets on Arugula Salad with Walnut & Goat Cheese	Mozzarella Stick with Marina Sauce	Caesar Salad
Entrée 1	Mushroom Ravioli with Marinara Sauce Drizzled w/ Pesto Sauce	Curried Lamb Stew	Brown Sugar, Orange & 5-spice Glazed Ham	Oven Roasted Chicken Leg with Cranberry Rosemary Butter	Roasted Roasted Shrimp with Creamy Beet Chipotle Sauce	Baked Penne Pasta with Roasted Vegetables	Braised Boneless Short Ribs au Jus
Side	Garlic Toast	Rice Pilaf	Scalloped Potato	Roasted Mini Potato	Mediterranean Rice	Garlic Toast	Chive Mashed Potatoes
Entrée 2	Beef Meatloaf with Brown Gravy	Chicken Thigh Adobo	Pan Seared Tilapia Filet with Sundried Tomato Olive Sauce	Roasted Shrimp with Creamy Chipotle Sauce	Roasted Pork Loin with Beet & Raspberry Sauce	Grilled Chicken Breast with Pico de Gallo	*Ginger Glazed Salmon Filet with Roasted Pineapple Salsa
Side	Mashed Potato	Rice Pilaf	Scalloped Potato	Roasted Mini Potato	Mediterranean Rice	Roasted Mini Potato	Chive Mashed Potatoes
Vegetable	*Beets	Vegetable Medley	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