



Lunch

Week 3	Monday Feb 17	Tuesday Feb 18	Wednesday Feb 19	Thursday Feb 20	Friday Feb 21	Saturday Feb 22	Sunday Feb 23
Soup	Chicken Noodle	Carrot and Ginger	Ham and Lentil	Cream of Broccoli	Caribbean Black Bean	Corn Chowder	Beef Vegetable
Entrée 1	Mushroom & Bell Pepper Ricota Frittata	Italian Deli Beef Sandwich on Panini Bread with au Jus	Tuna Nicoise Salad	Curried Chicken Salad Plate on Boston Bibb Lettuce	Fish n' Chips with Lemon Wedge and Tartar Sauce	Poached Eggs on Tomato Avocado Hash	Pulled Pork Sandwich on Bun
side	Toast and House Salad	Artichoke Salad	Dinner Roll	Naan Bread	Creamy Coleslaw	Fresh Fruit Cup	Sweet Potato Fries
Entrée 2	Nova Scotia Style Shrimp Roll on a Soft Potato Bun	Sauteed Calamari on Greek Salad	Margherita Pizza	Smoked Ham Mac & Cheese	Grilled Cheese Sandwich	Blueberry Pancake with Breakfast Sausage	Cobb Salad, Bacon, Bleu Cheese, Avocado and Tomato
Side	House Salad	Dinner Roll	Caesar Salad	Garlic Toast & Mixed Green Salad	Tomato and Cucumber Salad	Fresh Fruit Cup	Dinner Roll
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Spring Greens Strawberry Goat Cheese Salad	Waldorf Salad	Spinach Artichoke Dip with Tortilla	* Corn and Black Bean Salad	Shrimp with Mango Pineapple Salad	Caesar Salad	* Spanakopita with Tzatziki Sauce
Entrée 1	Herb Roasted Leg of Lamb	Italian Pasta Putanesca	Pan Seared Beef Liver with Sauteed Onions & Gravy	Shrimp & Vegetable Stir Fry	Jerk Chicken with Coleslaw	BBQ Baby Back Ribs	*Spinach and Ricotta Canneloni with Marinara Sauce
Side	Lemon Greek Potato	Garlic Bread & Tossed Salad	Garlic Chive Mashed Potato	Rice Pilaf	Rice and Peas	Potato Wedges	Garlic Toast
Entrée 2	Lebanese Roasted Chicken Thigh with Lemon Herb Sauce	Grilled Hoisin Pork Chop	Pan Fried Sole Filet with Tarragon Brown Butter	Swiss Veal Steakette with Smoked Tomato Ragout	Caribbean Beef Pot Roast	* Baked Salmon Filet with White Wine Dill Cream Sauce	Turkey ala King on Puff Pastry
Side	Lemon Greek Potato	Parisienne Potato	Garlic Chive Mashed Potato	Rice Pilaf	Rice and Peas	Potato Wedges	
Vegetable	Roasted Mixed Peppers	Roasted Turnips	Carrot Vichy	Stir Fry Vegetables	Seasoned Rapini	Brussels Sprouts	Vegetable Medley
Vegetable	Yellow Zucchini	Broccoli	Green Beans		Corn on the Cobb	Baked Squash	
Dessert	Banana Bread Pudding	English Trifle	Date Squares	Fruit Cobbler	Pineapple Upsidedown Cake	Raisin Tart	Assorted Desserts

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health

Caribbean Themed Dinner

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