

Menu for the Week of December 12 - Decemeber 18, 2022

Dinner

OMELET OF THE WEEK: *SPINACH & MOZZARELLA CHEESE

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	CORN CHOWDER	3 MUSHROOM & BARLEY	CHICKEN NOODLE	🎄 CHRISTMAS BUFFET 🎄 TOSSED MIXED SALAD	GREEN CABBAGE & POT.	PORK & PASTA	CREAM OF *BROCCOLI
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	EGGPLANT & MUSHROOM SALAD	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	GREEN SALAD WITH FRESH *BLUEBERRIES & BLUE CHEESE	ARUGULA SALAD WITH ORANGES & WALNUTS	SHRIMP COCKTAIL	BROCCOLI SALAD/ASSORTED SEAFOOD/POTATO SALAD/ASSORTED PICKLES/GREEN CABBAGE & PINEAPPLE SALAD	WALDORF SALAD	ICEBERG LETTUCE WITH HONEYDEW & PINEAPPLE	RASPBERRY & GOAT CHEESE SALAD
Entrée 1	BRAISED BEEF & VEGETABLE STEW WITH MASHED POTATOES	CHINESE ROAST PORK TENDERLOIN	STICKY CHINESE STYLE MEATBALLS WITH STEAMED RICE	CARVED ROASTED RIB EYE BEEF WITH GRAVY	HOT DOG WITH DICED ONIONS, SAUERKRAUT RELISH & FF	BRAISED VEAL OSSO BUCCO	ROASTED PORK BUTT WITH GRAVY
Entrée 2	ROASTED CHICKEN BREAST WITH MUSHROOM SAUCE	CHICKEN LEGS COQ AU VIN (CHICKEN IN RED WINE)	ROASTED CHICKEN BREAST WITH GRAVY	ROASTED TURKEY WITH STUFFING & GRAVY	MARINATED & ROASTED CHICKEN THIGHS WITH GRAVY	BUTTER CHICKEN WITH STEAMED RICE & NAAN BREAD	CHICKEN & BROCCOLI
Entrée 3	BAKED TERIYAKI SALMON FILET	SUMMER HERB CRUSTED COD FILET WITH TARTAR SAUCE	SALMON BURGER WITH FRENCH FRIES	BAKED HALIBUT WITH SEAFIID SAUCE	POACHED SEAFOOD COMBO(SALMON,BASA,P RAWNS)	BAKED BREADED SOLE FILET WITH TARTAR SAUCE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE
Starch	GARLIC MASHED POTATOES	STEAMED NEW POTATOES	ROASTED POTATOES	MASHED SWEET YAM POTATOES WITH MELTED MARSHMALLOW TOPPING	POTATOES	SCALLOPED POTATOES	POTATO LYONNAISE
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	*BROCCOLINI	PARSLIED CAULIFLOWER	GREEN & YELLOW *BEANS	SAUTEED MIXED	CORN & TARRAGON	*BROCCOLI FLORETS	BRUSSEL SPROUTS
Vegetable	BABY CARROTS	PEAS	BAKED *TOMATOES	WINTER VEGETABLES	BABY BOK CHOY	*BEETS	YELLOW TURNIPS
FEATURED Dessert	CHOCOLATE BROWNIE	VANILLA CARAMEL SWIRL CAKE	COCONUT PANNA COTTA	ASSORTED CHEESECAKES &DESSERT SQUARES/FRESH FRUIT &SEASONAL BERRIES	BUTTERSCOTCH PUDDING	LEMON CREAM SHORTCAKE	ASSORTED CAKES



*** Menu item contains a Superfood.**

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES

FATTY FISH
NUTS
PEACHES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

