

Menu for the Week Of September 2 - September 8, 2024

Dinner

OMELET OF THE WEEK: GREEK STYLE (TOMATO, ONIONS, FETA CHEESE)

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	ITALIAN MINESTRO NE SOUP	MISO & TOFU SOUP	SEAFOOD CHOWDER SOUP	CAULIFLOWER & LEEK SOUP	LLL: CORN CHICKEN CORN CHOWDER SOUP	CHICKEN NOODLE SOUP	CREAM OF ASPARAGUS SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	BLUE CHEESE, TOMATO, CUCUMBER ON BUTTER LETTUCE	*AVOCADO & HAM ON ICEBERG	SLICED FRESH PEACHES AND BLUEBERRIES ON ICEBERG LETTUCE SALAD	MIXED GREENS WITH KIWI & STRAWBERRIES	SUMMER LLL: CORN & AVOCADO SALAD	WARM CALAMARI SALAD WITH RANCH DRESSING	CRISPY BACON, HARD BOILED EGGS ON ICEBERG LETTUCE
Entrée 1	PEPPERONI PIZZA WITH SALAD	BRAISED SWISS STEAK	BEEF MEATLOAF WITH GRAVY	PAN FRIED VEAL LIVER WITH SAUTEED ONIONS, GRAVY	BREADED VEAL CUTLETS WITH GRAVY	BEEF AND VEGETABLES POT PIE WITH GRAVY	GRILLED CHEESEBURGER WITH CAESAR SALAD PLUM SAUCE
Entrée 2	MARINATED AND ROASTED CHICKEN BREAST WITH HOISING SAUCE	CHICKEN POTSTICKERS WITH FRIED RICE	SWEET CURRY CHICKEN WITH BASMATI RICE	BAKED MACARONI AND CHEESE	LLL: CAJUN STYLE BLUE COD WITH CORN & OKRA RICE	ROASTED CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE	CHICKEN FINGERS WITH CAESAR SALAD PLUM SAUCE
Entrée 3	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	POACHED COD FILET WITH FRESH GINGER AND CILANTRO	PAN FRIED SOCKEYE FILET WITH GARLIC LEMON BUTTER SAUCE	POTATO CRUSTED COD WITH TARTAR SAUCE	GRILLED CHICKEN BREAST ON CAESAR SALAD	BAKED ASIAN STYLE SALMON FILET	BAKED SMOKED SALMON QUICHE
Starch	STEAMED WHITE POTATOES WITH DILL	ROASTED YAM POTATOES	POTATOES LYONNAISE	MASHED POTATOES	MASHED POTATOES	BAKE 1/2 POTATO WITH SOUR CREAM	ROASTED RED POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	PEAS AND MUSHROOMS	DICED *BEETS	CAULIFLOWER	BAKED TOMATOES	LLL: LOCAL CORN ON THE COB	SPAGHETTI SQUASH	YELLOW BEANS
Vegetable	SLICED CARROTS	CORN NIBLETS	GREEN BEANS	BRUSSEL SPROUTS	PEAS AND DICED CARROTS	BRUSSEL SPROUTS	HONEY CARROTS
FEATURED Dessert	INDIVIDUAL BLUEBERRY TARTS	CUSTARD BREAD PUDDING WITH CARAMEL SAUCE	COCONUT CREAM PIE	WARM CHOCOLATE MOLTEN CAKE	LLL: PEACH & BLUEBERRY CORNMEAL COBBLER	ORANGE CITRUS CAKE	PEACH MELBA IWHT RASPBERRY COULIS



* Menu item contains a Superfood.

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS
BEETS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES
EGGS

FATTY FISH
NUTS
PEACHES
RASPBERRIES

SPINACH
STRAWBERRIES
SQUASH
TOMATO

