



Weekly Menu Week 5

Lake Bonavista Village Spring-Summer Menu 2024, September 23 - 29

Week 5	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
Breakfast - From 7am -8:30 am Daily menu choices - Eggs, Various preparations, Cereals, Fresh Fruit, Yogurt, Juice, Milk, Coffee and Tea							
Soup	French Canadian Pea Soup with Ham	Beef & Noodle	* Cream of Cauliflower	Moroccan Soup	Chicken Corn Chowder	Garden Vegetable Soup	Cream of Mushroom
Entrée 1	All Dressed Nathan's Hot Dog	Avocado Toast with Ham and Fried Egg	Monte Cristo Sandwich	Roast Beef with Caramelized Onions on Kaiser Bun	Hawaiian Pizza	Crab Salad on Croissant	Turkey Lettuce Cheese Sandwich on Rye Bread
Side	French Fries	Pickled Watermelon Radish	Garden Salad	Potato Salad	Caesar Salad	Veggie Sticks	Fresh Fruit
Entrée 2	Smoked Salmon Plate with Cream Cheese and Toasted Bagel	Chef Salad Ham Turkey Tomato Egg Cheese	Chicken Pad Thai with Roasted Peanuts	Grilled Chicken Breast on Greek Salad	* Egg Salad Sandwich	Roast Beef Wrap	Waffle with Bacon and Syrup
Side		Fresh Roll		Fresh Roll	Fresh Fruit	Veggie Sticks	Berries and Cream
Dessert	Assorted Desserts	Apricot Halves	Tapioca Pudding	Fresh Baked Pastry	Date Square	Assorted Desserts	Assorted Ice Cream Bars
Lunch: From 11am- 1:00 pm Milk, Coffee, Tea, Assorted Juices and Dinner Rolls Available Alternate Dessert: Fresh Fruit, Canned Fruit, Jell-O, Ice Cream and Yogurt See Alternate Menu for More Choices							
Special diets, 1/2 portion at your request							
Appetizer	Couscous Salad	* Creamy Broccoli & Cauliflower	Carrot Pineapple Raisin Salad	Spanakopita with Tzatziki Sauce	House Salad	Antipasto with Fresh Baguette Slice	Cheese and Grapes with Crackers
Entrée 1	Roasted Garlic and Rosemary Chicken Thighs	Spaghetti & Meatballs Garlic Roll	Braised Boneless Pork Chops in Creamy Peppercorn Sauce	English Bangers Onion Gravy	Fillet of Fish with Lemon Dill Sauce	Breaded Chicken Parmigiana	Roast Bone in Pork Loin
Side			Mashed Potatoes	Mashed Potatoes			Mashed Potatoes
Entrée 2	Beef Meatloaf	Fisherman Basket with Fries and Coleslaw	Chicken a L'Orange	Shrimp Linguini	Breaded Veal Cutlet with Gravy	Beef Stew with Dumplings	Braised Beef Ravioli Marinara
Side	Roasted Potatoes		Steamed Rice	Garlic Bread	Parslied Boiled Potatoes	Mashed Potatoes	Cheese Garlic Bread Sticks
Vegetable	Green Beans and Roasted Beets		Diced Turnips	Mixed Vegetables		Roasted Zucchini Peppers and Onions	Seasoned Peas
Vegetable			Seasoned Peas		Mixed Vegetables	Roasted Carrots	Mashed Yams
Dessert	Caramel Cake	Coffee Panacota Biscotti Dessert	Assorted Loaves	Assorted Desserts	Lemon Meringue Pie	Red Velvet Cake	Apple Pie
Dinner: From 4 pm -6:00 pm Milk, Coffee, Tea, Assorted Juices and Dinner Rolls Available Alternate Dessert: Fresh Fruit, Canned Fruit, Jell-O, Ice Cream and Yogurt See Alternate Menu for More Choices							
Special diets, 1/2 portion at your request							

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local
Pears and Corn