



## Lunch

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Beef Barley	French Canadian Pea Soup	Cream of Mushroom	Chicken Rice	Sweet Potato Soup	Chicken Rice	Seafood Chowder
Entrée 1	* Tuna Salad Sandwich	Fresh Fruit Plate with Cottage Cheese & Baked Scone	Original Nathan's Hot Dog	Crab Mac & Cheese	Roast Beef Sandwich with Horseradish Aioli	* Egg Salad Sandwich	Chef Salad Ham Turkey Tomato Egg Cheese
side	Cucumber Dill Salad	-	French Fries	Greek Salad	Mixed Green Salad	Cornbread Muffin	Dinner Roll
Entrée 2	Honey Garlic Chicken Wings	Pepperoni Flatbread	Crispy Chicken Sandwich Apple Slaw Chipotle Aioli on Potato Bread	Deli Sub w/ salami, ham, tomato, arugula, balsamic & pesto Aioli	Roasted Vegetable & Feta Quiche	Perogies with Bacon & Sour Cream	Fried Egg Sausage and Cheddar on Homemade Biscuit
Side	Cucumber Dill Salad	Caesar Salad	French Fries	Greek Salad	Mixed Green Salad	French Fries	Fresh Seasonal Fruit
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

## Dinner

Appetizer	* Guacamole with Taco Chips	Soup of the day	Mini Quiche	Soup of the day	* Chickpea Salad	Soup of the day	* Marinated Cucumber & Tomato Salad
Entrée 1	Beef Stir Fry	Herb Roast Leg of Lamb	Salisbury Steak Mushroom Gravy	Chicken Okanagan, Poached Pear, Walnuts, Brie & Pepercorn cream	Ginger Glazed Salmon Filet with Roasted Pineapple Salsa	Pork Tenderloin with Chimmichurri	Turkey Schnitzel
Side	Chow Mein	Basmati Rice	Mashed Potatoes	Parslied Boiled Potatoes	Mini Roasted Red Potatoes	Rice Pilaf	Chive Mashed Potatoes
Entrée 2	Brown Sugar Glazed Ham with Orange Sauce	* Parmesan Crusted Chicken & Tomato Sauce	Shrimp Brouchette Chive Beurre Blanc	Slow Roast Porkloin with Rosemary Maple Butter	Roast Beef au Jus with Yorkshire Pudding	Thai Chicken Stir Fry	Cabbage Rolls Marinara Sauce
Side	Scalloped Potatoes	Basmati Rice	Mashed Potatoes	Parslied Boiled Potatoes	Mini Roasted Red Potatoes	Rice Pilaf	Chive Mashed Potatoes
Vegetable	Roasted Candied Carrots	* Corn Beet & Pea Medley	French Green Beans	*Cauliflower	Seasoned Peas	Roasted Turnips	Roasted Carrots
Vegetable	Sauteed Bok Choy	.	Sauteed Bell Peppers	* Seasoned Broccoli	* Yellow Beets	Buttered Corn	French Green Beans
Dessert	Fruit Cobbler	Lemon Meringue Pie	Red Velvet Cake	Strawberry & Cream Pie	Sticky Toffee Pudding Cake	Tuxedo Truffle Mousse Cake	Boston Cream Pie

\* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local