

Weekly Menu Week 3

LUNCH							
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Chicken Rice	Country Vegetable	* Tomato Basil	* Cream of Broccoli	Carrot Ginger & Coconut	Mulligatawny Soup	* French Lentil
Entrée one	Fish & Chips Coleslaw Tartar Sauce	Creamy Macaroni and Cheese Garlic Bread	Crispy Chicken Caesar Salad	* Texas Style Chili Corn Muffin	BBQ Beef on a Bun	Philly Cheese Steak Sub	* Egg Salad Sandwich
side	Coleslaw	House Salad	Caesar Salad	Tossed Salad	Coleslaw	Homefried Potatoes & Fresh Fruit	Mixed Green Salad
Entrée two	Chicken Salad Sandwich	* Peameal Bacon on Bun with Lettuce, Tomato, Pepper & Maple Aioli	* Tuna Melt on English Muffin	Smoked Turkey Guacamole Lettuce Tomato Sandwich	Grilled Portabella Mushroom Swiss Sandwich	Black Forest Ham Dijonaise Sandwich	Executive Salad Plate
side	Coleslaw	House Salad	Caesar Salad	Tossed Salad	Coleslaw	Homefried Potatoes & Fresh Fruit	Executive Salad Plate
dessert	chefs choice	Nanaimo bar	Melon	Buttertart Bar	Tapioca Pudding	Fruit Jello	Tropical Fruit Salad
DINNER							
appetizer	Caesar Salad	* Bruschetta	Carrot Pineapple Raisin Salad	Egg Roll with Plum Sauce	House Salad	Caesar Salad	Pot Stickers
Entrée one	Traditional Roast Turkey Dinner with Stuffing, Cranberry Sauce, & Gravy	* Teriyaki Salmon Pineapple Slice	* Chicken Breast with Peaches and Balsamic	Tuscan Roast Pork Loin	Memphis BBQ Baby Back Ribs	Beef Stroganoff on Egg Noodles	English Bangers Fried Onions & Gravy
starch	Mashed Potatoes	Mashed Potatoes	Lyonnais Potatoes	Baked Potato	Chive Mashed Potatoes	Buttered Egg Noodles	Garlic Mashed Potatoes
Entrée one	Pork Chop with Orange Glazed	Chicken Thigh Marbella stewed with Apricot Prune and Raisin	Beef Pot Roast with Pan Sauce	Chicken Pot Pie	* Baked Cod with Artichoke & Sundried Tomato Ragu	Chimmi Churri Chicken Thigh	Sweet & Sour Chicken Breast Peppers & Pineapple
starch	Mashed Potatoes	Mashed Potatoes	Lyonnais Potatoes	Baked Potato	Chive Mashed Potatoes	Spanish Rice	Garlic Mashed Potatoes
veg 1	* Baked Squash	* Parslied Cauliflower	Zucchini	Seasoned Peas	* Stuffed Tomato	* Roasted Beets	Roasted Carrots
veg 2	Brussels Sprouts	French Green Beans	* Seasoned Beets	Roasted Carrots	* Broccoli	*Cauliflower	Sweet Corn
Dessert	Pecan Pie	Strawberry Cream Cake	Fruit Crisp	Vanilla Swirl Cake	English Trifle	Warm Bread Pudding	Banana Cream Pie