

Weekly Menu Week 1

LUNCH							
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	* Tomato Rice	Cream of Zucchini	Chicken Noodle	Cream of Spinach	* Butternut Squash	Potato Leek	Mulligatawny
Entrée one	Fresh Fruit Plate with Cottage Cheese & Baked Scone	* Tuna Nicoise Salad Kalamata Olive Tomato Green Bean	Grilled Cubano Sandwich (Pork Swiss Cheese and Pickle)	Green Goddess Chicken with a Vegetable & Quinoa Salad	Ham & Potato Bake	* Egg Salad Sandwich	* Chef Salad Ham Turkey Tomato Egg Cheese
side	Baked Scones	Spring Salad	Mixed Green Salad	Caesar Salad	Mixed Green Salad	Homefried Potatoes	Caesar Salad
Entrée two	Chicken Salad Sandwich	Avacado Tomato Cheese and Lettuce Sandwich	Lemon Chicken Wrap	Roast Beef Sandwich with Horseradish Aioli	Monte Cristo Sandwich	Shrimp Scampi Apple & Beet Salad	Original Nathan's Hot Dog
side	Garden Salad	Spring Salad	Mixed Green Salad	Caesar Salad	Mixed Green Salad	Homefried Potatoes	Caesar Salad
dessert	Smoothies	Nanaimo bar	Watermelon	Butter Tart	Chef's Choice	Chocolate Pudding	Fresh Fruits
DINNER							
appetizer	* Smoked Salmon Crostini	Caesar Salad	Mini Quiche	* Chickpea Salad	House Salad	* Marinated Cucumber & Tomato Salad	Caesar Salad
Entrée one	Salisbury Steak Mushroom Gravy	Grilled Pork Chop with Rosemary Maple Butter	* Ginger Glazed Salmon Filet with Roasted Pineapple Salsa	Roasted Chicken Leg with Pearl Onion Sauce	Beef Stir Fry	Pork Tenderloin Dijonaise	Roasted Garlic and Rosemary Chicken Thighs
starch	Scalloped Potatoes	Mashed Potatoes	Mini Roasted Red Potatoes	Glazed Sweet Potatoes	Steamed Rice	Lyonnais Potatoes	Chive Mashed Potatoes
Entrée Two	Baked Ham with Pineapple Glaze	* Parmesan Crusted Chicken & Tomato Sauce	Roast Beef au Jus with Yorkshire Pudding	Roast Lamb Sirloin Red Currant Demi Glace	Shrimp & Vegetable Stir Fry	Turkey Divan	Cabbage Rolls Marinara Sauce
starch	Scalloped Potatoes	Mashed Potatoes	Mini Roasted Red Potatoes	Glazed Sweet Potatoes	Steamed Rice	Lyonnais Potatoes	Chive Mashed Potatoes
veg 1	Brussels Sprouts	Buttered Corn	French Green Beans	*Cauliflower		baked Squash	Baby Carrots
veg 2	Zucchini	* Seasoned Broccoli	Carrot Coins	Zucchini	Stir Fry Vegetables	Buttered Corn	Brussels Sprouts
Dessert	Fruit Cobbler	Pineapple Upsidedown Cake	Glaced Cinnamon Bun	Fruit Crisp	New York Cheesecake with Berry Coulis	Lemon Cream Cake	Lemon Meringue Pie