



Weekly Menu Week 1  
**Lunch**

Week 3	Sun Oct 15, 2023	Mon Oct 16, 2023	Tue Oct 17, 2023	Wed Oct 18, 2023	Thur Oct 19, 2023	Fri Oct 20, 2023	Sat Oct 21, 2023
Soup	Chicken Vegetable	Potato Leek	Bean	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Entrée 1	Salsa Omelet	Chicken Wings	Tuna Salad Sandwich	Shrimp Caesar Salad	Chicken Burger	Egg Salad Sandwich	Roast Beef Sandwich
Side	Tater Tots	Fried Rice	Cucumber Salad	Croissant	French Fries	Tossed Salad	Pasta Salad
Entrée 2	Black Forest Ham & Cheese Sandwich	Chef Salad	Grilled Pancakes	Pastrami on Rye Sandwich	Deli Meat & Cheese Submarine	Hot Dog	Baked Manicotti
Side	Caesar Salad	Bistro Bun	Grilled Ham	Pineapple Coleslaw	Onion Rings	Potato Salad	Tossed Salad
Dessert	Brownie	Banana Pudding	Banana & Mandarins	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

**Dinner**

Appetizer	Greek Salad	Corn Salad	Coleslaw	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Roasted Striploin	Baked Meat Loaf w/ Chasseur Sauce	Spaghetti Bolognese w/Garlic Toast	Braised Beef Short Ribs	Chicken Kiev	Catch of the Day	Roast Leg of Lamb w/ Mint Jelly
Side	Baked Potatoes	Mashed Potatoes	Garlic Toast	Mashed Potatoes	Spätzle	Rice	Roasted Potatoes
Entrée 2	Ginger Chicken	Hake	Chicken Coq Au Vin	Catch of the Day	Beef Stroganoff	Grilled Pork Chops	Chicken Stew
Side	Rice	Rice	Rice	Boiled Potatoes	Spätzle	Croquette	Dumplings
Vegetable	Peas & Carrots	Beets	Snap Peas	Mexican Corn	Golden Beets	Herb Zucchini	Green Beans
Vegetable	Cauliflower	Spinach	Roasted Peppers	Batton of Rutabaga	Peas a la Francaise	Carrot	Roasted Turnips
Dessert	Salted Caramel Gelato	Black Forest Cake	Profiteroles	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice

\* Menu item contains a Superfood.



Living Loving Local

Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea

Choose Superfoods more often for optimal health - Apples, Avocado, Beans, Lentils, Beets, Blackberries, Bran, Oats, Broccoli, Cauliflower, Cherries, Cranberry, Eggs, Fatty Fish-Salmon, Nuts, Peaches, Raspberries, Spinach, Strawberries, Squash, Tomato & Yogurt

# LUNCH



**Sun Oct 15, 2023**

## Soup of the day

*Chicken Vegetable*

## Entrée 1

*Salsa Omelet*

## Side

*Tater Tots*

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## Entrée 2

*Black Forest Ham & Cheese Sandwich*

## Side

*Caesar Salad*

## Dessert

*Brownie*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

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# DINNER



**Sun Oct 15, 2023**

## Appetizer

*Greek Salad*

## Entrée 1

*Roasted Striploin*

## Entrée 2

*Ginger Chicken*

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## Starch

*Rice*

## Vegetables

*Peas & Carrots*

*Cauliflower*

## Dessert

*Salted Caramel Gelato*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

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# LUNCH



**Mon Oct 16, 2023**

## **Soup of the day**

*Potato Leek*

## **Entrée 1**

*Chicken Wings*

## **Side**

*Fried Rice*

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## **Entrée 2**

*Chef Salad*

## **Side**

*Bistro Bun*

## **Dessert**

*Banana Pudding*

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full bar service available

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# DINNER



**Mon Oct 16, 2023**

## **Appetizer**

*Corn Salad*

## **Entrée 1**

*Baked Meatloaf w/ Chasseur Sauce*

## **Entrée 2**

*Hake w/ Rice*

~~~

## **Starch**

*Mashed Potatoes*

## **Vegetables**

*Beets*

*Spinach*

## **Dessert**

*Black Forest Cake*

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full bar service available

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# LUNCH



**Tue Oct 17, 2023**

## **Soup of the day**

*Bean*

## **Entrée 1**

*Tuna Salad Sandwich*

## **Side**

*Cucumber Salad*

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## **Entrée 2**

*Grilled Pancakes*

## **Side**

*Grilled Ham*

## **Dessert**

*Banana & Mandarins*

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# DINNER



**Tue Oct 17, 2023**

## **Appetizer**

*Coleslaw*

## **Entrée 1**

*Spaghetti Bolognese w/ Garlic Toast*

## **Entrée 2**

*Chicken Coq Au Vin*

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## **Starch**

*Rice*

## **Vegetables**

*Snap Peas*

*Roasted Peppers*

## **Dessert**

*Profiteroles*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

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# LUNCH



**Wed Oct 18, 2023**

## **Soup of the day**

*Soup of the Day*

## **Entrée 1**

*Shrimp Caesar Salad*

## **Side**

*Croissant*

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## **Entrée 2**

*Pastrami on Rye Sandwich*

## **Side**

*Pineapple Coleslaw*

## **Dessert**

*Assorted Desserts*

Fruit Juice, Fresh Brewed Coffee, Assorted Teas  
Full Bar Service Available

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# DINNER



**Wed Oct 18, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Braised Beef Short Ribs*

## **Entrée 2**

*Catch of the Day*

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## **Starch**

*Mashed Potatoes*

## **Vegetables**

*Mexican Corn*

*Batton of Rutabaga*

## **Dessert**

*Chef's Choice*

Fruit Juice, Fresh Brewed Coffee, Assorted Teas  
Full Bar Service Available

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# LUNCH



**Thur Oct 19, 2023**

## **Soup of the Day**

*Soup of the Day*

## **Entrée 1**

*Chicken Burger*

## **Side**

*French Fries*

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## **Entrée 2**

*Deli Meat & Cheese Submarine*

## **Side**

*Onion Rings*

## **Dessert**

*Assorted Desserts*

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# DINNER



**Thur Oct 19, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Chicken Kiev*

## **Entrée 2**

*Beef Stroganoff*

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## **Starch**

*Spätzle*

## **Vegetables**

*Acorn Squash*

*Peas a la Francaise*

## **Dessert**

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
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# LUNCH

**Fri Oct 20, 2023**

## Soup of the day

*Soup of the Day*

## Entrée 1

*Egg Salad Sandwich*

## Side

*Tossed Salad*

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## Entrée 2

*Hot Dog*

## Side

*Potato Salad*

## Dessert

*Assorted Desserts*

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# DINNER

**Fri Oct 20, 2023**

## Appetizer

*Chef's Choice*

## Entrée 1

*Catch of the Day*

## Entrée 2

*Grilled Pork Chops*

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## Starch

*Rice*

## Vegetables

*Herb Zucchini*

*Carrot*

## Dessert

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
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# LUNCH



**Sat Oct 21, 2023**

## Soup of the Day

*Soup of the Day*

## Entrée 1

*Roast Beef Sandwich*

## Side

*Pasta Salad*

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## Entrée 2

*Baked Manicotti*

## Side

*Tossed Salad*

## Dessert

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

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# DINNER



**Sat Oct 21, 2023**

## Appetizer

*Chef's Choice*

## Entrée 1

*Roast Leg of Lamb w/ Mint Jelly*

## Entrée 2

*Chicken Stew*

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## Starch

*Roasted Potatoes*

## Vegetables

*Green Beans*

*Roasted Turnips*

## Dessert

*Chef's Choice*

fruit juice, fresh brewed coffee, assorted teas  
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# ALTERNATIVE MENU



## LUNCH

### Build your own Caesar Salad

*Shrimp, Calamari, Chicken Breast*

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### Build your own Omelette

*Ham, Mushroom, Shrimp, Fresh Herbs, Cheese*

### Fresh Fruit Plate

With Cottage Cheese



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# ALTERNATIVE MENU



## LUNCH

### Build your own Caesar Salad

*Shrimp, Calamari, Chicken Breast*

~ ~ ~

### Build your own Omelette

*Ham, Mushroom, Shrimp, Fresh Herbs, Cheese*

### Fresh Fruit Plate

With Cottage Cheese



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