

Week 4	Sun Nov 26, 2023	Mon Nov 27, 2023	Tue Nov 28, 2023	Wed Nov 29, 2023	Thur Nov 30, 2023	Fri Dec 1, 2023	Sat Dec 2, 2023
Soup	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day
Entrée 1	Open Faced Smoked Salmon Sandwich	Toasted BLT	Roast Beef Swiss Cheese w/Lettuce, Tomato, Chipotle Aioli	Baked Pizza	Chicken Burger	Crab Salad on Croissant	Roast Beef Tomato & Baby Arugula Sandwich
Side	Spinach Salad	Dinner Roll	French Fries	Greek Salad	Yam Fries	Tomato & Cucumber Salad	Artichoke Salad
Entrée 2	Salsa Omelet	BLT Sandwich	Fish Fingers	Bacon Macaroni & Cheese Garlic Bread	Mediterranean Salad Pearl Barley, Roasted Vegetables, Feta Cheese	Hot Dog	Chicken Stromboli w/Chipotle Cream Cheese Peppers, Onions
Side	Tater Tots	House Salad	Coleslaw	Tossed Salad	Creamy Coleslaw	Baked Beans	Hashbrowns & Fresh Fruit
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
Dinner							
Appetizer	Cranberry Fluff	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Entrée 1	Roast Turkey w/Traditional Dressing, Cranberry Sauce, & Gravy	Catch of the Day	Braised Chicken Leg w/Cider & Apple	Beef Pot Pie	Roast Leg of Lamb	Catch of the Day	Southern Fried Chicken
Side	Garlic Mashed Potatoes	Spanish Rice	Mashed Potatoes	Mashed Potatoes	Roasted Potatoes	Baby Boiled Potatoes	Potato Wedges
Entrée 2	Beef Goulash	Salisbury Steak w/Chasseur Sauce	Pasta Night	Catch of the Day	Veal Cutlet w/Artichoke & Mushrooms	Sweet & Sour Pork	Spinach & Ricotta Cannelloni w/Tomato Sauce
Side	Garlic Mashed Potatoes	Mashed Potatoes	Garlic Bread	Rice	Delmonico Potato	Fried Rice	Garlic Bread
Vegetable	Baked Squash	Diced Carrots	Braised Red Cabbage	Seasoned Broccoli	Roasted Carrots	Buttered Corn	Sauteed Swiss Chard
Vegetable	French Green Beans	Sugar Snap Peas	Brussel Sprouts	Sauteed Red & Yellow Peppers	Seasoned Peas	Zucchini	Stuffed Tomato
Dessert	Chef's Choice	Chef's Choice	Chef's Choice	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 Nov 26, 2023

Soup of the day

Soup of The Day

Entrée 1

Open Faced Smoked Salmon Sandwich

Side

Spinach Salad

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## Entrée 2

*Salsa Omelet*

## Side

*Tater Tots*

## Dessert

*Assorted Desserts*

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

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# DINNER



**Sun Nov 26, 2023**

## Appetizer

*Cranberry Fluff*

## Entrée 1

*Roast Turkey w/ Traditional Dressing,  
Cranberry Sauce, & Gravy*

## Entrée 2

*Beef Goulash*

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Starch

Garlic Mashed Potatoes

Vegetables

Baked Squash

French Green Beans

Dessert

Chef's Choice

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LUNCH

Mon Nov 27, 2023

Soup of the day

Soup of The Day

Entrée 1

Toasted BLT

Side

Dinner Roll

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## Entrée 2

*BLT Sandwich*

## Side

*House Salad*

## Dessert

*Assorted Desserts*

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

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# DINNER

**Mon Nov 27, 2023**

## Appetizer

*Chef's Choice*

## Entrée 1

*Catch of the Day*

## Entrée 2

*Salisbury Steak w/ Chasseur Sauce*

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Starch

Spanish Rice

Vegetables

Diced Carrots

Sugar Snap Peas

Dessert

Chef's Choice

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LUNCH



Tue Nov 28, 2023

Soup of the day

Soup of The Day

Entrée 1

*Roast Beef Swiss Cheese w/ Lettuce,
Tomato, Chipotle Aioli*

Side

French Fries

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## **Entrée 2**

*Fish Fingers*

## **Side**

*Coleslaw*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



**Tue Nov 28, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Braised Chicken Leg w/ Cider & Apple*

## **Entrée 2**

*Pasta Night*

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Starch

Mashed Potatoes

Vegetables

Braised Red Cabbage

Brussel Sprouts

Dessert

Chef's Choice

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LUNCH



Wed Nov 29, 2023

Soup of the day

Soup of The Day

Entrée 1

Baked Pizza

Side

Greek Salad

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## **Entrée 2**

*Bacon Macaroni & Cheese Garlic Bread*

## **Side**

*Tossed Salad*

## **Dessert**

*Assorted Desserts*

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

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# DINNER



Wed Nov 29, 2023

## Appetizer

*Chef's Choice*

## Entrée 1

*Beef Pot Pie*

## Entrée 2

*Catch of the Day*

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Starch

Rice

Vegetables

Seasoned Broccoli

Sauteed Red & Yellow Peppers

Dessert

Chef's Choice

Fruit Juice, Fresh Brewed Coffee, Assorted Teas
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LUNCH



Thur Nov 30, 2023

Soup of the Day

Soup of The Day

Entrée 1

Chicken Burger

Side

Yam Fries

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## **Entrée 2**

*Mediterranean Salad Pearl Barley,  
Roasted Vegetables, Feta Cheese*

## **Side**

*Creamy Coleslaw*

## **Dessert**

*Assorted Desserts*

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full bar service available

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# DINNER



**Thur Nov 30, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Roast Leg of Lamb*

## **Entrée 2**

*Veal Cutlet w/ Artichoke & Mushrooms*

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## **Starch**

*Roasted Potatoes*

## **Vegetables**

*Rutabaga*

*Seasoned Peas*

## **Dessert**

*Chef's Choice*

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

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# LUNCH

Fri Dec 1, 2023

## Soup of the day

*Soup of The Day*

## Entrée 1

*Crab Salad on Croissant*

## Side

*Tomato & Cucumber Salad*

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Entrée 2

Hot Dog

Side

Baked Beans

Dessert

Assorted Desserts

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DINNER

Fri Dec 1, 2023

Appetizer

Chef's Choice

Entrée 1

Catch of the Day

Entrée 2

Sweet & Sour Pork

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## Starch

*Baby Boiled Potatoes*

## Vegetables

*Buttered Corn*

*Zucchini*

## Dessert

*Chef's Choice*

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full bar service available

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# LUNCH



**Sat Dec 2, 2023**

## **Soup of the Day**

*Soup of The Day*

## **Entrée 1**

*Roast Beef Tomato & Baby Arugula Sandwich*

## **Side**

*Artichoke Salad*

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## **Entrée 2**

*Chicken Stromboli w/ Chipotle Cream Cheese*

## **Side**

*Hashbrowns & Fresh Fruit*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
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# DINNER



**Sat Dec 2, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Southern Fried Chicken*

## **Entrée 2**

*Spinach & Ricotta Cannelloni w/ Tomato  
Sauce*

## **Starch**

*Potato Wedges*

## **Vegetables**

*Sauteed Swiss Chard*

## **Dessert**

*Chef's Choice*

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

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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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