

| Week 4 | Sun Jan 28, 2023 | Mon Jan 29, 2024 | Tue Jan 30, 2024 | Wed Jan 31, 2024 | Thur Feb 1, 2024 | Fri Feb 2, 2024 | Sat Feb 3, 2024 |
|---------------|-----------------------------------|---------------------------------|------------------------------|--------------------------------|--|-----------------------------|-------------------------|
| 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 | Toasted Waffles w/ Fruit Sauce | Chicken Wings | Grilled Rueben Sandwich | Salmon Salad Sandwich | Broiled Hamburger w/ Cottage Cheese | Egg Salad Sandwich | Toasted BLT Sandwich |
| Side | Sausage | Oriental Fried Rice | Marinated Vegetable Salad | Tossed Salad | Onion Ring | Caesar Salad | French Fries |
| Entrée 2 | Seafood Croissant | Minced Ham Sandwich | Baked Quiche | Perogy w/ Sour Cream | Vegetable Club Sandwich | Grilled Potato Pancakes | Chef's Salad |
| Side | Potato Salad | Potato Salad | Tomato Aspic | Sausage | Potato Chip | Sausage | Cheese Biscuit |
| Dessert | Nanaimo Square | Whipped Jello | Lemon Pudding | Banana Mandarin Salad | Tropical Fruit Salad | Sliced Peach Halves | Rice Pudding |
| Dinner | | | | | | | |
| Appetizer | French Onion Soup | Tossed Green Salad | Marinated Vegetable Salad | Cottage Cheese w/ Pineapple | Chiffon Lettuce w/ Shrimp | Butter Lettuce Salad | Caesar Salad |
| Entrée 1 | Turkey Rolade | Pork Chops w/ Sauteed Onions | Chicken Coq Au Vin | Braised Beef Pot Roast | BBQ Chicken Legs | Catch of the Day | Breaded Veal Cutlet |
| Side | Potato Pancakes | Scalloped Potatoes | Mashed Potatoes | Spatzel | Stuffed Baked Potato | Rice | Delmonico |
| Entrée 2 | Beef Bourguignon | Catch of the Day | Beef Pot Pie | Catch of the Day | Beef Stir Fry | Barbecue Pork Drumsticks | Chicken Souvlaki |
| Side | Potato Pancakes | Scalloped Potatoes | Mashed Potatoes | Duchesse Potatoes | Rice | Rice | Rice |
| Vegetable | Broccoli | Peas & Carrots | Steamed Cabbage | Lima Beans | Baked Beans | Swiss Chard | Wax Beans w/ Brussel |
| Vegetable | Baked Yam | Baked Squash | Buttered Baby Carrots | Jardiniere Vegetables | Garden Mixed Vegetables | Cauliflower | Baked Squash |
| Dessert | Peach Melba | Blueberry Pie | Carrot Cake | Ice Cream | Pie | Crème Brûlé | Bread Pudding |

* 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 Jan 28, 2023

Soup of the day

Soup of The Day

Entrée 1

Toasted Waffles w/ Fruit Sauce

Side

Potato Bites

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## **Entrée 2**

*Seafood Croissant*

## **Side**

*Potato Salad*

## **Dessert**

*Nanaimo Square*

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

**gs**gluten sensitive  
heart-smart **sf**super  
foods



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# DINNER



**Sun Jan 28, 2023**

## **Appetizer**

*French Onion Soup*

## **Entrée 1**

*Turkey Rolade*

## **Entrée 2**

*Beef Bourguignon*

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Starch

Potato Pancakes

Vegetables

Broccoli

Baked Yam

Dessert

Peach Melba

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

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LUNCH



Mon Jan 29, 2024

Soup of the day

Soup of The Day

Entrée 1

Chicken Wings

Side

Oriental Fried Rice

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## **Entrée 2**

*Minced Ham Sandwich*

## **Side**

*Potato Salad*

## **Dessert**

*Whipped Jello*

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

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# DINNER



**Mon Jan 29, 2024**

## **Appetizer**

*Tossed Green Salad*

## **Entrée 1**

*Pork Chops w/ Sauteed Onions*

## **Entrée 2**

*Catch of the Day*

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Starch

Scalloped Potatoes

Vegetables

Peas & Carrots

Baked Squash

Dessert

Blueberry Pie

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

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LUNCH



Tue Jan 30, 2024

Soup of the day

Soup of The Day

Entrée 1

Grilled Rueben Sandwich

Side

Marinated Vegetable Salad

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## **Entrée 2**

*Baked Quiche*

## **Side**

*Tomato Aspic*

## **Dessert**

*Lemon Pudding*

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

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# DINNER



**Tue Jan 30, 2024**

## **Appetizer**

*Marinated Vegetable Salad*

## **Entrée 1**

*Chicken Coq Au Vin*

## **Entrée 2**

*Beef Pot Pie*

~~~

Starch

Mashed Potatoes

Vegetables

Steamed Cabbage

Buttered Baby Carrots

Dessert

Carrot Cake

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

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LUNCH

Wed Jan 31,2024

Soup of the day

Soup of The Day

Entrée 1

Salmon Salad Sandwich

Side

Tossed Salad

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## **Entrée 2**

*Perogy w/ Sour Cream*

## **Side**

*Sausage*

## **Dessert**

*Banana Mandarin Salad*

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

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# DINNER

**Wed Jan 31,2024**

## **Appetizer**

*Cottage Cheese w/ Pineapple*

## **Entrée 1**

*Braised Beef Pot Roast*

## **Entrée 2**

*Catch of the Day*

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Starch

Spatzel

Vegetables

Lima Beans

Jardiniere Vegetables

Dessert

Ice Cream

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

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LUNCH



Thur Feb 1, 2024

Soup of the Day

Soup of The Day

Entrée 1

Broiled Hamburger w/ Cottage Cheese

Side

Onion Ring

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## **Entrée 2**

*Vegetable Club Sandwich*

## **Side**

*Potato Chip*

## **Dessert**

*Tropical Fruit Salad*

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

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# DINNER



**Thur Feb 1, 2024**

## **Appetizer**

*Chiffon Lettuce w/ Shrimp*

## **Entrée 1**

*BBQ Chicken Legs*

## **Entrée 2**

*Beef Stir Fry*

~~~

Starch

Stuffed Baked Potato

Vegetables

Baked Beans

Garden Mixed Vegetables

Dessert

Pie

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

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LUNCH

Fri Feb 2, 2024

Soup of the day

Soup of The Day

Entrée 1

Egg Salad Sandwich

Side

Caesar Salad

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## Entrée 2

*Grilled Potato Pancakes*

## Side

*Sausage*

## Dessert

*Sliced Peach Halves*

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

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# DINNER

**Fri Feb 2, 2024**

## Appetizer

*Butter Lettuce Salad*

## Entrée 1

*Catch of the Day*

## Entrée 2

*Barbecue Pork Drummets*

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Starch

Rice

Vegetables

Swiss Chard

Cauliflower

Dessert

Crème Brulé

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

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LUNCH



Sat Feb 3, 2024

Soup of the Day

Soup of The Day

Entrée 1

Toasted BLT Sandwich

Side

French Fries

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### **Entrée 2**

*Chef's Salad*

### **Side**

*Cheese Biscuit*

### **Dessert**

*Rice Pudding*

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

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# DINNER



**Sat Feb 3, 2024**

## **Appetizer**

*Caesar Salad*

## **Entrée 1**

*Breaded Veal Cutlet*

## **Entrée 2**

*Chicken Souvlaki*

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Starch

Delmonico

Vegetables

Wax Beans w/ Brussel

Baked Squash

Dessert

Bread Pudding

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

~ ~ ~

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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