



## Lunch

January 6th- 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Garden Bean Minestrone Soup	Coconut Carrot Soup	Ham & Vegetable Soup	*Tomato Basil Bisque	Beef & Barley Soup	Golden Mushroom Soup	Sweet Potato Soup
Entrée 1	Corned Beef Sandwich	Baby Shrimp Salad Sandwich	BBQ Beef Burger	Ham & Swiss Sandwich	Ploughman's Plate	Western Style Sandwich	Chive Scrambled Eggs & Bacon
side	Sweet Potato Fries	Fresh Baked Croissant	Onion Rings	Caesar Salad	Dinner Bun	Mixed Bean Salad	Baked Beans & Toast
Entrée 2	Cheese Ravioli	Peameal Bacon B.L.T	Winter Turkey Salad	Spinach & Mushroom Frittata	Tuna Swiss Salad Melt	Chicken Hawaiian Flatbread	Fluffy Waffles & Whipped Cream
Side	Garlic Bread	Dill Pickle Potato Salad	Onion Rings	Caesar Salad	Iceberg Salad	Mixed Bean Salad	Fresh Fruit Salad
Dessert	Assorted Desserts	Apple Sauce & Vanilla Yogurt	Cranberry Apple Loaf	Tapioca Pudding	Mixed Berry Tart	Two Bite Brownie	Ice Cream Sundae

## Dinner

Soup	Potato & Scallion Soup	*Curried Cauliflower Soup	White Bean & Kale Soup	*Cream of Broccoli Soup	Country Vegetable Soup	Cream of Celery Soup	Creamy Chicken & Corn Soup
Salad	Tomato & Parmesan Salad	Mixed Green Salad	Mediterranean Lentil Salad	Greek Orzo Salad	Shredded Coleslaw	Winter Quinoa Salad	Beet & Apple Salad
Entrée 1	Shepherds Pie	Chicken a L'Orange	Sausage & Red Bean Pot Pie	Imam Bajalloli	Spaghetti & Meatballs	Panko Crusted Perch Filet	Braised Baby Beef Liver
Side	Roasted Garlic Mashed Potatoes	Saffron Rice Pilaf	Cheesy Scalloped Potatoes	Boiled Parsley Potato	Garlic Bread	Baked Potato & Sour Cream	Roasted Garlic Mashed Potatoes
Entrée 2	Bangers & Mash	Ginger Soy Glazed Cod Loin	Sesame Crusted Salmon	Coconut Shrimp	Beer Battered Cod Loin	Pork Souvlaki	Brown Sugar & Clove Baked Ham
Side	Roasted Garlic Mashed Potatoes	Saffron Rice Pilaf	Cheesy Scalloped Potatoes	Boiled Parsley Potato	Crispy French Fries	Baked Potato & Sour Cream	Roasted Garlic Mashed Potatoes
Vegetable	*Seasoned Broccoli	Sauteed Bok Choy	Sauteed Rainbow Swiss chard	Seasoned Garden Peas	*Steamed Green Beans	Asparagus	Soft Steamed Carrots
Vegetable	Buttered Dill Corn	Roasted Mixed Peppers	Roasted Carrot Puree	*Steamed Cauliflower	Buttered Corn	Red Glazed Beets	Sauteed Red Cabbage
Dessert	German Chocolate Cake	Lemon Sponge Cake	Carrot Walnut Cake	Peach & Raspberry Cobbler	Warm Cinnamon Rice Pudding	Orange Citrus Cake	Coconut Cream Pie

\* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local

Beans, Lentils, Carrots

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

**Menu subject to change due to product availability**