

Spring Summer Weekly Menu Week 6

Sept 11th- Sept 17th



Lunch

Week 6	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th
Soup	Corn Chowder	Chicken Noodle	Cream of Asparagus	* Tomato Rice	Beef Vegetable	Cream of Vegetable	* Minestrone Soup
Entrée 1	Salami Deli Sandwich	Turkey & Cheddar Sandwich	Chicken Fingers & Fries	* Salmon Salad Sandwich	Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce	Tuna Sandwich	Crab Salad on Croissant
side	Tossed Salad	Spring Salad	Citrus Pasta Salad	Caesar Salad	Creamy Coleslaw	Fresh Seasonal Fruit	* Spinach Mandarin Orange Salad
Entrée 2	Broccoli & Cheese Quiche	* Cobb Salad Turkey Bacon Egg Avocado Tomato Blue Cheese	Ham & Swiss Croissant	Italian Sub Sandwich	Cold Plate	Turkey Burger	Ham & Eggs W/ Pancake
Side	Tossed Salad	Spring Salad		Caesar Salad	Creamy Coleslaw	Fresh Seasonal Fruit	* Spinach Mandarin Orange Salad
Dessert	Chocolat & Vanilla Parfait	Assorted Desserts	1/2 Hour Pudding	Jell-O	Tapioca Pudding	Assorted Desserts	Chocolate Pudding Cake

Dinner

Appetizer	Macaroni Salad	Jell-o Salad	Carrot Raisin Salad	Cucumber Dill	* Beet & Onion Salad	* Waldorf Salad	Brie Pear and Honey Crostini
Entrée 1	KFC Chicken	Grilled Pork Chop with Rosemary Maple Butter	Baked Honey Mustard Chicken Thighs	Meat Lasagna Garlic Bread	Glazed Ham	Potato & Chive Crusted Cod Remoulade Sauce	
Side	Fries	Brown Rice Pilaf	Parisienne Potatoes	—	Baked Potato & Sour Cream	Parmentiere Potatoes	
Entrée 2		* Pan Roasted Salmon Filet with a Lemon-Dill Yogurt	Beef Stroganoff on Egg Noodles	Shrimp & Vegetable Stir Fry	Beef Sausage W/ Gravy	Rosemary Lemon Chicken Thighs	Memphis BBQ Baby Back Ribs
Side		Brown Rice Pilaf	Parisienne Potatoes	Basmati Rice	Baked Potato & Sour Cream	Parmentiere Potatoes	Mashed Potatoes
Vegetable		*Cauliflower	* Seasoned Broccoli	Roasted Carrots	Buttered Corn	Steamed Cabbage Wedges	Sauteed Bok Choy
Vegetable		Seasoned Peas	Sauteed Red Peppers	Asparagus	Zucchini	Baby Carrots	Baked Squash
Dessert	Ice Cream	Cream Puff	Lemon Buttermilk Cake	* Apple Brown Betty	<i>Pear Cobbler</i>	Strawberry Shortcake	Lemon Meringue Pie

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health

Living Loving Local
Pears

Breakfast - from 7-9am. Daily menu choices - Egg day is on wednesday, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea Available daily!