



Lunch

Week 1	Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th	Sunday 28th
Soup	Split Pea & Ham	Chicken Vegetable	Butternut Squash Soup	Cream of Mushroom	Beef Barley	Seafood Chowder	Chicken Rice
Entrée 1	Hot Turkey Sandwich	Fresh Fruit Plate with Cottage Cheese & Baked Scone	Fish Cakes W/ Side of Tartar Sauce	Salami & swiss W/ Lettuce & Tomato sandwich	Grilled Turkey & Cranberry Creamcheese Sandwich	Salmon Salad Sandwich	Chicken Salad Sandwich on Whole Wheat
side	Fries		* Apple Pecan Salad	Tossed Salad	Caesar Salad	Tomato & Cucumber slices	Mixed Green Salad
Entrée 2	Beans & weiners W/ Garlic Toast	Bacon Lettuce Tomato Sandwich w/ Maple Mayo	Reuben Sandwich on Rye with Pickle Wedge	Western Omelette	Breakfast Burrito	Grilled Cheese W/ Ham	Perogies with Bacon Fried Onion Sour Cream
Side	Tomato & Cucumber Slices	Greek Salad	* Apple Pecan Salad	Tossed Salad	Caesar Salad	Tomato & Cucumber slices	Mixed Green Salad
Dessert	Date Square	Assorted Desserts	Ginger cookie & dip	Bananna Pudding	Impossible Pie	Assorted Desserts	Jell-O with fruits
DINNER							
Appetizer	Jellied Salad	* Broccoli Bacon & Cheddar Salad	Carrot Raisin Salad	Beet & Goat Cheese Salad	House Salad	Beef dumpling	7 Layer Salad
Entrée 1	Spaghetti & Meatsauce	Brown Sugar, Orange & 5-Spice Glazed Ham	Beef Goulash	Roast Beef W/ Yorkshire & Gravy	Veal Cutlet & gravy	Tuscan Roast Pork Loin	Country Style Chicken
Side	Breadstick	Scalloped Potatoes	Garlic Toast		Roasted Potato	Steamed Potatoes	Mashed Potatoes
Entrée 2	Shrimp Alfredo	Oven Roasted Chicken Breast with Garlic Cream Sauce	Battered Sole With Tartar Sauce		Pork Stew W/ Dumplings	liver & onions	
Side	Pasta & Breadstick	Scalloped Potatoes	Baked Potato		Roasted Potato	Steamed Potatoes	
Vegetable	Stir Fry Veggies	* Corn Beet & Pea Medley	Brussels Sprouts	Mashed Neeps & Carrot	Sugar Snap Peas	Roasted Zucchini	Baby Carrots
Vegetable			Wax Bean	Whipped Tatties	* Yellow Beets	Buttered Corn	French Green Beans
Dessert	1/2 Hour pudding	Cream Puff	Pear Pudding Cake	Strawberry Trifle	Apple Crisp	Chocolate Cake	Oreo Cheesecake

* Menu item contains a Superfood.

LLL

Cranberry



Choose Superfoods more often for optimal health

Breakfast - In MP Room & Café Daily. menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea