



Lunch

Week 5	Monday Oct 28	Tuesday Oct 29	Wednesday Oct 30	Thursday Oct 31	Friday Nov 1	Saturday Nov 2	Sunday Nov 3
Soup	Cock a Leekie	Pasta Fagioli	Mulligatawny Soup	Indian Red Lentil Soup	Eggplant Parmesan Soup	Tortellini Soup	Cream of Vegetable
Entrée 1	Pastrami on Marble Rye with Grainy Mustard Aioli	Chicken Waldorf Salad	Roasted Vegetable & Feta Quiche	 Halloween Mummy Pizza	Fish & Chips Coleslaw Tartar Sauce	Fried Eggs with Toast and Peameal Bacon	Meatball Sub
side	House Salad	Dinner Roll	Greek Salad	Caesar Salad		Fresh Fruit Cup	Seven Bean Salad
Entrée 2	Shrimp Caesar Salad	Perogies with Bacon Fried Onion Sour Cream	*Tuna Salad on Multigrain	 Jack o Lantern Chicken Pot Pie	Vegetarian Flatbread with Bocconcini	Blueberry Pancake with Breakfast Sausage	Cubano Sandwich with Roast Pork, Ham, Swiss Cheese, Pickle
Side	Dinner Roll	* Spinach Salad	Greek Salad	Caesar Salad	Spinach Salad	Fresh Fruit Cup	Seven Bean Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Jack o Lantern Brownies	Assorted Desserts	Assorted Desserts	Assorted Desserts

Dinner

Appetizer	Avocado & Proscuitto Crostini	Garlic Cheese Bread	Mushroom Crostini	Corn Bhel Puri Salad	* Broccoli Cauliflower Salad	Caesar Salad	Cucumber Carrot and Red Onion Salad
Entrée 1	Pork Tenderloin with Roasted Garlic & Balsamic Glaze	Beef Stroganoff	Linguine with Clams	Lamb Tika Masala with Cucumber Raita	Rainbow Trout Filet with Brown Butter Caper Sauce	* Parmesan Crusted Chicken & Tomato Sauce	Roast Beef au Jus with Yorkshire Pudding
Side	Rice Pilaf	Buttered Egg Noodles	Garlic Toast	+ Happy Diwali Biryani Rice	Roasted mini Potato	Mashed Potatoes	Baked Potato
Entrée 2	Chicken & Mixed Vegetable Stir Fry	Baked Tilapia with Orange & Tarragon Butter	English Bangers on Onion Gravy	Tandoori Chicken Legs with Garlic Yogurt Sauce	Braised Veal Shoulder with Herb Gravy	Apple & Honey Glazed Pork Chop	Mediterranean Stewed Cod Loin
Side	Rice Pilaf	Boiled Potato	Whipped Potato	Biryani Rice	Roasted mini Potato	Mashed Potatoes	Baked Potato
Vegetable	Yellow Waxed Beans	Buttered Corn	Roasted Parsnip	Green Beans	Braised Red Cabbage	Sauteed Kale	Green & Gold Beans
Vegetable	* Seasoned Broccoli	Seasoned Peas	* Green Beans Almondine	Roasted Cauliflower	Asparagus	Roasted Candied Carrots	* Seasoned Beets
Dessert	Orange Citrus Cake	Buttertart Bar	Lemon Cream Cake	Kheer (Indian Rice Pudding)	English Trifle	Coconut Custard Pie	Coupe Romanoff

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health

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