Weekly Menu Week 1

Lunch

Week 1	Monday Sept 30	Tuesday Oct 1	Wednesday Oct 2	Thursday Oct 3	Friday Oct 4	Saturday Oct 5	Sunday Oct 6
Soup	Creamy Macaroni Chicken	Scoth Broth	Cream of Mushroom	Tomato Florentine	Ground Beef Butternut Squash Kale Soup	Beef Vegetable	Potato and Leek
Entrée 1 side	Roast Beef Sandwich with Swiss Cheese & Horseradish Mayo Chickpea Salad	Mushroom & Brie Quiche Summer Salad	Chicken Waldorf Wrap Cucumber Dill Salad	Turkey Quinoa Black Bean Bowl with Lime Cilantro Yogurt Ciabtta Bun	Fish n' Chips with Lemon Wedge & Tartar Sauce Creamy Coleslaw	Belgian Waffle with Blueberry Compote & Bacon Fresh Seasonal Fruit	Salami Deli Sandwich on Artisan Soft Bun Seven Bean Salad
Entrée 2 Side	Italian Pasta Primavera Garlic Toast	Tuna Salad on Multigrain Summer Salad	Grilled Rueben Sandwich on Marble Rye Cucumber Dill Salad	Crab Mac & Cheese Garlic Toast & Caesar Salad	Executive Salad Plate with Roast Beef & Shrimp Dinner Roll	Poached Egg on Corned Beef Hash with Chive & Truffle Hollandaise Sauce Fresh Seasonal Fruit	Ham and Pea Penne Pasta Galic Toast
Dessert	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection	Chef's Assorted Selection

DINNER

Appetizer	Spinach and Mandarin Salad	Heirloom Tomato & Portabello Salad	Pork Kimchi Dumplings with Plum Sauce	Citrus Pasta Salad	Squash & Goat Cheese Bruschetta	Spinach Feta Pastries	Watermelon Feta Salad
Entrée 1 Side	Stir Fry Beef with Vegetables Steamed Rice	Mediterranean Cod Stew Lemon Oregano Potato	Linguine with Clams Garlic Toast & Tossed Salad	Chicken Souvlaki with Tzatziki Sauce Rice Pilaf	Butternut Squash Ravioli with Sausage Crumble & Sage Butter Sauce Garlic Toast	Mild Jerk Spice Pork Tenderloin with Jerk Gravy & Coleslaw Parisienne Boiled Potato	Traditional Roast Turkey Breast with Dressing, Gravy and Cranberry Sauce Chive Mashed Potatoes
Entrée 2 Side Vegetable Vegetable	Sweet & Sour Pork with Peppers, Pineapple & Onions Steamed Rice Vegetable Medley	Lemon Chicken Picatta Lemon Oregano Potato Roasted Mixed Pepper * Broccoli	Beef Meatloaf with Brown Gravy Mashed Potato Sugar Snap Peas Yellow Waxed Beans	Curried Lamb Stew Rice Pilaf *Cauliflower Green Peas	Grilled Pork Chop with Caramelized Onions, Apple & Squash Roasted Mini Potatoes Baby Carrots French Green Beans	*Ginger Glazed Salmon Filet with Roasted Pineapple Salsa Parisienne Boiled Potato Zucchini Buttered Corn	Cabbage Rolls in Marinara Sauce Chive Mashed Potatoes Mashed Turnips Brussels Sprouts
Dessert	Sweet Ricotta Filled Cannolis	Homemade Rice Pudding	Tiramisu Mouse with Mascapone Cheese	Raisin Tart	Pumpkin Pie	Lemonburst Macaroon	Assorted Cakes & Squares

* Menu item contains a Superfood.

Choose Superfoods more often for optimal health

Living Loving Local - Squash & Pumpkin

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