



Lunch

Week 4	Monday Jan 13	Tuesday Jan 14	Wednesday Jan 15	Thursday Jan 16	Friday Jan 17	Saturday Jan 18	Sunday Jan 19
Soup	Potato & Cheddar	White Navy Bean	New England Clam Chowder	Turkey Vegetables	Cream of Mushroom	*Tomato Basil Soup	Lemon Orzo Chicken
Entrée 1	Bratwurst Sausage on a Bun with Sauerkraut	Carved Steak Salad with Bleu Cheese Dressing	Pork Souvlaki with Tzatziki	* Egg Salad Sandwich	Turkey Burger with Cranberry Aioli	Scrambled Egg with Hashbrowns & Bacon	Meatball Sub with Marinara Sauce
side	Mixed Green Salad	Dinner Rolls	Greek Salad	* Spinach Salad	Tomato and Cucumber Salad	Fresh Fruit CUp	Tossed Salad
Entrée 2	Fresh Fruit & Cottage Cheese Plate with a Buttermilk Biscuit	Ham and Cheese Croissant	Plowman's Lunch	* Chili con Carne Cornbread Muffin	Julienne Salad Plate	Belgian Waffle with Breakfast Sausage	Tuna Melt on English Muffin
Side		Garden Salad	Pita Bread	* Spinach Salad	Dinner Roll	Fresh Fruit Cup	Tossed Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Cauliflower Bites with Curry Aioli	Edamame Bean Salad	Carrot Pineapple Raisin Salad	Mini Spring Rolls Plum Sauce	Caprese Salad	Assorted Appetizer	Honey Pear Brie Crostini
Entrée 1	Roasted Shrimp Fettucine Alfredo	Pork Cutlet with Lemon Caper Butter	Gnocchi with Peppers & Mushroom in Marinara Sauce	Turkey Divan with Broccoli & Cheddar Cheese	Lamb Tikka Massala	Spaghetti Bolognese	Honey Garlic Glazed Ham
Side	Garlic Toast & Garden Salad	Basmati Rice	Garlic Toast	Mashed Potatoes	Basmati Rice	Garlic Toast & Garden Salad	Parisienne Potatoes
Entrée 2	Beef Meatloaf with Gravy	Butter Chicken Naan Bread	Lemon Pepper Cod Loin with Chive Cream Sauce	Slow Roasted Pork Loin with Apricot & Thyme Gravy	Baked Tilapia with Olive Caper Tapenade	Southern-Fried Chicken	Cabbage Rolls Marinara Sauce
Side	Boiled Potato	Basmati Rice	Lemon & Oregano Potato	Mashed Potatoes	Basmati Rice	Roasted Sweet Sweet Potatoes	Parisienne Potatoes
Vegetable	Roasted Beets	Sweet Corn	Brussels Sprouts	Yellow Waxed Beans	Sugar Snap Peas	Yellow Zucchini	Roasted Carrots
Vegetable	Zucchini	Sauteed Mixed Peppers	Cauliflower	* Broccoli	* Yellow Beets	*Broccoli	French Green Beans
Dessert	Mango Tapioca Pudding	Espresso Ice Cream	Raisin Bread Pudding with Vanilla Custard	Carrot Cake	Assorted Pie	Nanaimo Bar	Apple Cobbler

* 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