



Lunch

| Week 5    | Monday Jan 20                                    | Tuesday Jan 21                                    | Wednesday Jan 22                          | Thursday Jan 23                                       | Friday Jan 24                                 | Saturday Jan 25                                | Sunday Jan 26                                              |
|-----------|--------------------------------------------------|---------------------------------------------------|-------------------------------------------|-------------------------------------------------------|-----------------------------------------------|------------------------------------------------|------------------------------------------------------------|
| Soup      | Tortellini Soup                                  | Pasta Fagioli                                     | Mulligatawny Soup                         | Cock a Leekie                                         | French Lentil                                 | Heartly Scotch Broth                           | Cream of Vegetable                                         |
| Entrée 1  | Pastrami on Marble Rye with Grainy Mustard Aioli | Chicken Waldorf Salad                             | Roasted Vegetable & Feta Quiche           | Grilled Roast Beef with Brie Cheese & Cranberry Aioli | Fish n' Chips with Lemon Wedge & Tartar Sauce | Western Cheese Omelet with Brown Toast & Bacon | Salmon Salad on Croissants                                 |
| side      | House Salad                                      | Dinner Roll                                       | Greek Salad                               | Mixed Green Salad                                     | Creamy Coleslaw                               | Fresh Fruit Cup                                | Seven Bean Salad                                           |
| Entrée 2  | Shrimp Caesar Salad                              | Perogies with Bacon Fried Onion Sour Cream        | Butternut Squash Ravioli with Rose' Sauce | Vegetarian Flatbread with Boconccini                  | Executive Salad Plate                         | Blueberry Pancake with Breakfast Sausage       | Cubano Sandwich with Roast Pork, Ham, Swiss Cheese, Pickle |
| Side      | Dinner Roll                                      | * Spinach Salad                                   | Garlic Toast                              | Mixed Green Salad                                     | Dinner Rolls                                  | Fresh Fruit Cup                                | Seven Bean Salad                                           |
| Dessert   | Assorted Desserts                                | Assorted Desserts                                 | Assorted Desserts                         | Assorted Desserts                                     | Assorted Desserts                             | Assorted Desserts                              | Assorted Desserts                                          |
| Dinner    |                                                  |                                                   |                                           |                                                       |                                               |                                                |                                                            |
| Appetizer | Chickpea Salad                                   | Hummus with Vegetable Sticks                      | Mushroom Crostini                         | Sweet and Sour Chicken Balls                          | * Broccoli Cauliflower Salad                  | Smoked Salmon Plate                            | Cucumber Carrot and Red Onion Salad                        |
| Entrée 1  | Pork Tenderloin with Balsamic Cranberry Sauce    | Beef Stroganoff                                   | Jerk Chicken Legs                         | Tradiotional Meat Lasagna                             | Flank Steak with Romesco Sauce                | Scotch Pies                                    | Beef Burgundy with Pearl Onions                            |
| Side      | Rice Pilaf                                       | Buttered Egg Noodles                              | Roasted Potato                            | Garlic Toast & Garden Salad                           | Mashed Potato                                 | Rhumbledehumps (Potato, Turnips, Cabbage)      | Baked Potato                                               |
| Entrée 2  | Teriyaki Glazed Grilled Chicken Thigh            | Baked Basa with Garlic Ginger Coconut Cream Sauce | Braised Veal Shoulder with Herb Gravy     | Pork Cottage Roll                                     | English Bangers with Onion Gravy              | Baked Haddock with Whiskey Cream Sauce         | Pork Chop Italiano with Tomato, Mushroom& Peppers          |
| Side      | Rice Pilaf                                       | Boiled Potato                                     | Roasted Potato                            | Baker's Potato with Sour Cream                        | Mashed Potato                                 | Rhumbledehumps (Potato, Turnips, Cabbage)      | Baked Potato                                               |
| Vegetable | Beets                                            | Yellow Waxed Beans                                | Roasted Parsnip                           | Green Beans                                           | Buttered Corn                                 | Carrorts                                       | Sauteed Kale                                               |
| Vegetable | * Seasoned Broccoli                              | Asparagus                                         | * Green Beans Almondine                   | Roasted Cauliflower                                   | Seasoned Peas                                 | Green Beans                                    | Roasted Carrots                                            |
| Dessert   | Pecan Tart                                       | Buttertart Bar                                    | Lemon Cream Cake                          | Raisin Rice Pudding                                   | Peanut Butter Pretzel Ice Cream               | Tipsy Laird (Scottish Raspberry Trifle)        | Coupe Romanoff                                             |

\* Menu item contains a Superfood.



Choose Superfoods more often for optimal health

Peanut Butter Day



Robbie Burn Night Supper

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