



## Lunch

| Week 1   | Monday                                                       | Tuesday                                              | Wednesday                                             | Thursday                        | Friday                                   | Saturday                                               | Sunday                                     |
|----------|--------------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------|---------------------------------|------------------------------------------|--------------------------------------------------------|--------------------------------------------|
| Soup     | French Canadian Pea Soup                                     | Chicken Noodle                                       | Butternut Squash Soup                                 | Egg Drop Soup                   | Beef Barley                              | Seafood Chowder                                        | Chicken Rice                               |
| Entrée 1 | * Tuna Salad on Whole Wheat                                  | Fresh Fruit Plate with Cottage Cheese & Baked Scone  | Chicken Souvlaki Tzatziki Pita Bread                  | BLT Sandwich                    | Reuben Sandwich on Rye with Pickle Wedge | Chicken Salad Sandwich on Whole Wheat                  | * Eggs Benedict                            |
| side     | Caesar Salad                                                 |                                                      | Greek Salad                                           | Tossed Salad                    | Caesar Salad                             | Vinaigrette Coleslaw                                   | Hashbrowns & Fresh Fruit                   |
| Entrée 2 | Open Face Hot Turkey Sandwich With French Fries & Green Peas | Black Forest Ham Lettuce Tomato Maple Aioli Sandwich | Salami, Roasted Peppers, Arugula, Pesto Mayo on a Bun | Roasted Vegetable & Feta Quiche | Bacon & Mushroom Gnocchi                 | Crispy Filo Crusted Shrimp on Spinach & Mandarin Salad | Perogies with Bacon Fried Onion Sour Cream |
| Side     |                                                              | * Apple Pecan Salad                                  | Greek Salad                                           | Tossed Salad                    | Caesar Salad                             | Dinner Roll                                            | Mixed Green Salad                          |
| Dessert  | Daily Feature Dessert                                        | Daily Feature Dessert                                | Daily Feature Dessert                                 | Daily Feature Dessert           | Daily Feature Dessert                    | Daily Feature Dessert                                  | Daily Feature Dessert                      |

## DINNER

|           |                                     |                                  |                                                     |                                       |                                                 |                               |                                                          |
|-----------|-------------------------------------|----------------------------------|-----------------------------------------------------|---------------------------------------|-------------------------------------------------|-------------------------------|----------------------------------------------------------|
| Appetizer | * Tomato Cucumber & Red Onion Salad | * Broccoli Bacon & Cheddar Salad | Sausage roll                                        | * Chickpea Salad                      | House Salad                                     | Mini Spring Rolls Plum Sauce  | * Shrimp and Avocado Salad                               |
| Entrée 1  | Beef Meatloaf                       | Penne Bolognese                  | Braised Lamb Leg au Jus                             | Veal Marsala                          | Pan Roasted Salmon Filet with Lemon Dill Yogurt | Sweet and Sour Chicken        | Brown Sugar, Orange & 5-Spice Glazed Ham                 |
| Side      | Scalloped Potatoes                  | Garlic Bread & Caesar Salad      | Baked Potato                                        | Risotto                               | Mini Roasted Red Potatoes                       | Steamed Rice                  | Scalloped Potatoes                                       |
| Entrée 2  | Pork Drummies au Jus                | Sole Viennoise Tartar Sauce      | Oven Roasted Chicken Breast with Garlic Cream Sauce | Pork Tournedos Grainy Mustard Veloute | Portuguese Roast Chicken Thigh                  | Beef Bulgogi Korean Style BBQ | Pesto Crusted Basa Filet Topped with Bruschetta Tomatoes |
| Side      | Scalloped Potatoes                  | Mashed Potatoes                  | Baked Potato                                        | Risotto                               | Mini Roasted Red Potatoes                       | Steamed Rice                  | Scalloped Potatoes                                       |
| Vegetable | Carrot Coins                        | Buttered Corn                    | Brussels Sprouts                                    | * Cauliflower                         | Sugar Snap Peas                                 | Stir Fry Vegetables           | Baby Carrots                                             |
| Vegetable | * Green Beans Almondine             | Roasted Beets                    | Sauteed Red Peppers                                 | * Seasoned Broccoli                   | * Yellow Beets                                  |                               | French Green Beans                                       |
| Dessert   | * Warm Apple Crisp                  | Warm Bread Pudding               | Lemon Streusel Cake                                 | Tiramisu                              | Buttertart Bar                                  | Mango Ice Cream               | Raspberry Cheesecake                                     |

\* 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



## Lunch

| Week 2   | Monday                             | Tuesday                        | Wednesday                                  | Thursday                                                        | Friday                                | Saturday                                              | Sunday                                                     |
|----------|------------------------------------|--------------------------------|--------------------------------------------|-----------------------------------------------------------------|---------------------------------------|-------------------------------------------------------|------------------------------------------------------------|
| Soup     | * Minestrone Soup                  | Carrot Coconut                 | Hearty Scotch Broth                        | * Tomato Bisque                                                 | Potato Leek                           | Country Vegetable                                     | Sweet Potato Soup                                          |
| Entrée 1 | Corned Beef on Rye                 | Seafood Melt on English Muffin | Grilled Chicken Breast Club Sandwich       | Black Forest Ham Sandwich<br>Lettuce, Tomato & Dijon Mayonnaise | Crispy Chicken Caesar Salad           | * Smoked Salmon Red Onion<br>Caper Aioli on Light Rye | Smoked Turkey Sandwich<br>with Guacamole Lettuce<br>Tomato |
| side     | Caesar Salad                       | * Purple Cabbage & Apple Slaw  | French Fries                               | * Beet & Onion Salad                                            | Multigrain Bread                      | Potato salad                                          | Garden Salad                                               |
| Entrée 2 | Four Cheese Ravioli Marinara Sauce | Winter Turkey Salad            | Beef Burger Lettuce Tomato<br>Onion Pickle | * Poached Eggs on Corned<br>Beef Hash                           | Fish & Chips Coleslaw Tartar<br>Sauce | French Beef Dip Sandwich                              | * Spinach & Mushroom<br>Quiche                             |
| Side     | Caesar Salad                       | Multigrain Bread               | French Fries                               | * Tomato Slices                                                 |                                       | Potato salad                                          | Garden Salad                                               |
| Dessert  | Daily Feature Dessert              | Daily Feature Dessert          | Daily Feature Dessert                      | Daily Feature Dessert                                           | Daily Feature Dessert                 | Daily Feature Dessert                                 | Daily Feature Dessert                                      |

## DINNER

|           |                                           |                                 |                                                            |                                                           |                                               |                                    |                                                                    |
|-----------|-------------------------------------------|---------------------------------|------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------|------------------------------------|--------------------------------------------------------------------|
| Appetizer | Corn Chowder                              | Egg Roll with Plum Sauce        | Shrimp with Cocktail Sauce                                 | * Cream of Cauliflower                                    | Tossed Salad                                  | Fried Dumplings with Plum<br>Sauce | * Veggie Florentine                                                |
| Entrée 1  | Chicken a L'Orange                        | Spaghetti & Meatballs           | Braised Meat Loaf                                          | Roasted Garlic & Rosemary<br>Chicken Thighs               | Roasted Tilapia Filet with<br>Tarragon Butter | * Cranberry & Walnut<br>Chicken    | Prime Rib Roast with au Jus<br>Yorkshire Pudding                   |
| Side      | Mashed Potatoes                           | Garlic Bread & Caesar Salad     | Roasted Sweet Potatoes                                     | Mini Roasted Red Potatoes                                 | Risotto                                       | O'Brien Potatoes                   | Mashed Potatoes                                                    |
| Entrée 2  | Oktoberfest Sausage<br>Sauerkraut & Gravy | Ginger & Soy Glazed Cod<br>Loin | Pork Tenderloin with<br>Caramelized Onion & Dijon<br>Gravy | Lemon & Garlic Shrimp<br>Skewer with Dill Butter<br>Sauce | Shepherds Pie                                 | Lamb Pot Pie                       | Panko Crusted Perch Filet<br>Topped with Dill & Shaved<br>Cucumber |
| Side      | Mashed Potatoes                           | Steamed Rice                    | Roasted Sweet Potatoes                                     | Mini Roasted Red Potatoes                                 |                                               | O'Brien Potatoes                   | Mashed Potatoes                                                    |
| Vegetable | Yellow Waxed Beans                        | Roasted Beets                   | Braised Red Cabbage                                        | Seasoned Peas                                             | * Broccoli                                    | Roasted Candied Carrots            | Buttered Corn                                                      |
| Vegetable | * Seasoned Broccoli                       | Buttered Corn                   | *Cauliflower                                               | Baked Squash                                              | Sauteed Red & Yellow<br>Peppers               | Zucchini                           | Key West Vegetables                                                |
| Dessert   | German Chocolate Cake                     | * Pecan Pie                     | Orange Cake with Frosting                                  | Lemon Meringue Pie                                        | Vanilla Swirl Cake                            | Tuxedo Truffle Mousse Cake         | * Pumpkin Pie                                                      |

\* Menu item contains a Superfood.



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## Lunch

| Week 3   | Monday                                                    | Tuesday                                               | Wednesday               | Thursday                              | Friday                    | Saturday                                    | Sunday                                                   |
|----------|-----------------------------------------------------------|-------------------------------------------------------|-------------------------|---------------------------------------|---------------------------|---------------------------------------------|----------------------------------------------------------|
| Soup     | * Cream of Broccoli                                       | Chicken Noodle                                        | Beef Vegetable          | * Cream of Cauliflower                | Corn Chowder              | Mulligatawny Soup                           | Carrot Ginger & Coconut                                  |
| Entrée 1 | Chef Salad with Ham, Turkey, Tomato, Boiled Egg, & Cheese | Roast Beef Swiss Cheese Lettuce Tomato Chipotle Aioli | Buffalo Chicken Burger  | Pulled Pork on a Bun                  | Crab Salad on Croissant   | * Roast Beef Tomato & Baby Arugula Sandwich | Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce |
| side     | Dinner Roll                                               | French Fries                                          | Caesar Salad            | Creamy Coleslaw                       | Tomato and Cucumber Salad | Artichoke Salad                             | Garden Salad                                             |
| Entrée 2 | BLT Sandwich                                              | Tempura Shrimp on Warm Quinoa Salad                   | Smoked Ham Mac & Cheese | *Chili Con Carn with Cornbread Muffin | Baked Beans & Wieners     | Crab Salad on Croissant                     | Belgian Waffles Berry Compote                            |
| Side     | House Salad                                               |                                                       | Caesar Salad            | Creamy Coleslaw                       | Tomato and Cucumber Salad | Artichoke Salad                             | Marble Rye                                               |
| Dessert  | Daily Feature Dessert                                     | Daily Feature Dessert                                 | Daily Feature Dessert   | Daily Feature Dessert                 | Daily Feature Dessert     | Daily Feature Dessert                       | Daily Feature Dessert                                    |

## DINNER

|           |                      |                                        |                                                 |                                          |                                      |                                  |                                                  |
|-----------|----------------------|----------------------------------------|-------------------------------------------------|------------------------------------------|--------------------------------------|----------------------------------|--------------------------------------------------|
| Appetizer | *Minestrone Soup     | *Broccoli Salad                        | *Beet & Onion Salad                             | *Tomato Vegetable                        | House Salad                          | * Veggie Sticks & Hummus         | *Cream of Tomato                                 |
| Entrée 1  | Beef Goulash         | Braised Chicken Leg With Cider & Apple | Beef Liver & Carmelized Onions                  | Shrimp & Vegetable Stir Fry              | Roasted Chicken Thighs with Gravy    | BBQ Baby Back Ribs               | Mexican Style Spiced Beef Stew over Rice & Beans |
| Side      | Steamed Rice         | Mashed Potatoes                        | Roasted Potatoes                                | Steamed Rice                             | Baked Potato & Sour Cream            | Potato Wedges                    |                                                  |
| Entrée 2  | Sweet & Sour Pork    | Tuscan Vegetarian Lasagna              | Pan Fried Sole Filet with Tarragon Brown Butter | Veal Cutlet with Artichoke and Mushrooms | Potato Crusted Cod with Tartar Sauce | * Spinach And Ricotta Cannelloni | Maple Orange Glazed Salmon                       |
| Side      | Brown Rice           | Garlic Bread & Caesar Salad            | Roasted Potatoes                                | Steamed Rice                             | Baked Potato & Sour Cream            | Chef's Salad & Garlic Bread      | Steamed Rice                                     |
| Vegetable | Roasted Baby Turnips | * Seasoned Beets                       | * Seasoned Broccoli                             | Roasted Carrots                          | Buttered Corn                        | Sauteed Swiss Chard              | Baked Squash                                     |
| Vegetable | Sugar Snap Peas      | Brussels Sprouts                       | Sauteed Red & Yellow Peppers                    | Seasoned Peas                            | Zucchini                             | *Stuffed Tomato                  | French Green Beans                               |
| Dessert   | Date Square          | * Apple Brown Betty                    | Black Cherry Ice Cream                          | Pear Cobbler                             | Warm Bread Pudding                   | Black Forest Cake                | * Apple Pie                                      |

\* 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



## Lunch

| Week 5   | Monday                                                      | Tuesday                                                 | Wednesday                                       | Thursday                                            | Friday                                                                        | Saturday                                           | Sunday                             |
|----------|-------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------|------------------------------------|
| Soup     | Ham and Potato                                              | * Tomato Dill Soup                                      | Mulligatawny Soup                               | Seafood Chowder                                     | Eggplant Parmesan Soup                                                        | Tortellini Soup                                    | Creamy Italian White Bean          |
| Entrée 1 | Roast Beef Swiss Cheese<br>Lettuce Tomato Chipotle<br>Aioli | Grilled Chicken Breast on<br>Warm Roast Vegetable Salad | Roast Beef Caramelized<br>Onions Aioli on a Bun | * Grilled Salmon Caesar<br>Garlic Bread             | Fish & Chips Coleslaw Tartar<br>Sauce                                         | Roasted Vegetable & Feta<br>Quiche                 | Lobster Roll on Soft Potato<br>Bun |
| side     | House Salad                                                 | Dinner Roll                                             | Caesar Salad                                    |                                                     |                                                                               | Garden Salad                                       | Seven Bean Salad                   |
| Entrée 2 | Southwest Pork Stew                                         | Vegetarian Pizza                                        | Ham Broccoli & Cheddar<br>Quiche                | Mushroom Ravioli Sundried<br>Tomato Spinach Almonds | Sante Fe Chicken Salad Black<br>Bean, Corn, Greens, Lime<br>Balsamic Cressing | Pork Carnitas Pickled Red<br>Onions & Rainbow Slaw | * Eggs Benedict                    |
| Side     | House Salad                                                 | * Spinach Salad                                         | Caesar Salad                                    | Greek Salad                                         | Garlic Bread                                                                  | Garden Salad                                       | Hashbrowns & Tomato Slices         |
| Dessert  | Daily Feature Dessert                                       | Daily Feature Dessert                                   | Daily Feature Dessert                           | Daily Feature Dessert                               | Daily Feature Dessert                                                         | Daily Feature Dessert                              | Daily Feature Dessert              |

## Dinner

|           |                                          |                                          |                                         |                                                              |                                        |                                              |                                           |
|-----------|------------------------------------------|------------------------------------------|-----------------------------------------|--------------------------------------------------------------|----------------------------------------|----------------------------------------------|-------------------------------------------|
| Appetizer | Oktoberfest Sausage on<br>Coleslaw       | Brie Pear and Honey Crostini             | * Broccoli Cauliflower Salad            | * Caprese Salad                                              | Cucumber Carrot and Red<br>Onion Salad | Caesar Salad                                 | Ham & Brie Crostini                       |
| Entrée 1  | Turkey Schnitzel                         | Beef Shepherds Pie                       | Texas Slow Roast Pork Butt<br>au Jus    | Smoked Duck Breast &<br>Confit Leg Cherry Gastrique<br>Sauce | * Filet of Trout Mango Salsa           | * Parmesan Crusted Chicken<br>& Tomato Sauce | Roast Beef Striploin au Jus               |
| Side      | Steamed Rice                             |                                          | Whipped Potatoes                        | Roasted Potatoes                                             | Rice Pilaf                             | Mashed Potatoes                              | Baked Potato                              |
| Entrée 2  | Veal Root Vegetable Stew<br>Garlic Bread | * Almond Crusted Sole<br>Tartar Sauce    | Lamb Tika Masala with<br>Cucumber Raita | English Bangers Onion Gravy                                  | Beef Shepherds Pie                     | Pork Chops Italiano                          | Seafood Newburg with Puff<br>Pastry Crust |
| Side      | Steamed Rice                             | Pesto Gnocchi                            | Whipped Potatoes                        | Roasted Potatoes                                             | Rice Pilaf                             | Mashed Potatoes                              | Baked Potato                              |
| Vegetable | Yellow Waxed Beans                       | Buttered Corn                            | Braised Red Cabbage                     | Brussels Sprouts                                             | sauteed Peppers                        | Sauteed Swiss Chard                          | * Green Beans Almondine                   |
| Vegetable | * Seasoned Broccoli                      | Seasoned Peas                            | * Green Beans Almondine                 | * Parslied Cauliflower                                       | Seasoned Peas                          | Roasted Candied Carrots                      | * Seasoned Beets                          |
| Dessert   | * Cherry Pie                             | Pancake Bites Cinnamon Bunz<br>Ice Cream | Lemon Cream Cake                        | English Trifle                                               | Crepe with Banana & Nutella            | Coconut Custard Pie                          | Chocolate Mousse Canoli                   |

\* Menu item contains a Superfood.



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## Lunch

| Week 6   | Monday                                             | Tuesday                                               | Wednesday                           | Thursday                                            | Friday                             | Saturday                  | Sunday                         |
|----------|----------------------------------------------------|-------------------------------------------------------|-------------------------------------|-----------------------------------------------------|------------------------------------|---------------------------|--------------------------------|
| Soup     | Corn Chowder                                       | Chicken Noodle                                        | Cream of Asparagus                  | * Tomato Rice                                       | Beef Vegetable                     | Cream of Vegetable        | * Minestrone Soup              |
| Entrée 1 | *Pasta Salad with Italian Sausage Tomato & Arugula | Shaved Beef on Yorkshire Pudding au Jus               | Leek & Bacon Quiche                 | * Salmon Salad Sandwich                             | Chicken Fingers & Fries Plum Sauce | Meatball Sub              | *Egg Salad on Croissant        |
| side     | Galic Bread                                        | Spring Salad                                          | Cistrus Pasta Salad                 | Caesar Salad                                        | Creamy Coleslaw                    | Caesar Salad              | Carrot Pineapple Raisin Salad  |
| Entrée 2 | Smoked Turkey Lettuce and Tomato Sandwich          | *Tuna Nicoise Salad Kalamata Olive Tomato Green Beans | Grilled Cheese & Bacon on Sourdough | Grilled Cubano Salad (Pork Swiss Cheese and Pickle) | *Tuna Salad Sandwich               | Scrambled Eggs with Bacon | Belgian Waffles & Sausage Link |
| Side     | * Multigrain Dinner Roll                           | Spring Salad                                          | Cistrus Pasta Salad                 | Caesar Salad                                        | Creamy Coleslaw                    | Hashbrowns and Toast      | Fresh Fruit Cup                |
| Dessert  | Daily Feature Dessert                              | Daily Feature Dessert                                 | Daily Feature Dessert               | Daily Feature Dessert                               | Daily Feature Dessert              | Daily Feature Dessert     | Daily Feature Dessert          |

## DINNER

|           |                                  |                             |                                                    |                                                  |                                |                           |                                                                 |
|-----------|----------------------------------|-----------------------------|----------------------------------------------------|--------------------------------------------------|--------------------------------|---------------------------|-----------------------------------------------------------------|
| Appetizer | *Caprese Salad                   | Chef's Daily Soup           | Veggie Sticks & Dip                                | *Roasted Cauliflower Salad Lemon Tahini Dressing | Cistrus Pasta Salad            | Chef's Daily Soup         | Chef's Daily Soup                                               |
| Entrée 1  | Veal Cutlet Milano               | Slow Roast Pork Butt au Jus | *Duck Leg Confit Cherry Sauce                      | Braised Boneless Beef Short Ribs                 | Gourmet Hot Dog on Brioche Bun | Cod Burger                | Soup & Sandwich                                                 |
| Side      | Parslied Boiled Potatoes         | Chow Mein                   | Wild Rice Pilaf                                    | Baked Potato with Sour Cream, Chives & Parmesan  | French Fries                   | Shoestring Fries          |                                                                 |
| Entrée 2  | *Chicken Souvlaki Tzatziki Sauce | Beef Stir Fry               | *Pan Roasted Salmon Filet with a Lemon-Dill Yogurt | Miso Glazed Cod                                  | Slow Roast Pork Butt au Jus    | Butter Chicken Naan Bread | *Roast Turkey with Traditional Dressing Cranberry Sauce & Gravy |
| Side      | Parslied Boiled Potatoes         | Chow Mein                   | Wild Rice Pilaf                                    | *Ancient Grain Medley                            | Mashed Potatoes                | Rice Pilaf                | Mashed Potatoes                                                 |
| Vegetable | *Baked Squash                    | *Cauliflower                | * Seasoned Broccoli                                | Roasted Carrots                                  | Buttered Corn                  | Peas                      | Brussel Sprouts                                                 |
| Vegetable | French Green Beans               | Seasoned Peas               | Sauteed Red Peppers                                | Asparagus                                        | Zucchini                       | Baby Carrots              | *Cauliflower                                                    |
| Dessert   | Churros & Ice cream              | *Peach Pie                  | Lemon Buttermilk Cake                              | *Strawberry Rhubarb Pie                          | * Warm Apple Crisp             | Carrot Cake               | Pumpkin Pie                                                     |

\* Menu item contains a Superfood.



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Living Loving Local

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