



Lunch

Week 6	Monday Oct 6	Tuesday Oct 7	Wednesday Oct 8	Thursday Oct 9	Friday Oct 10	Saturday Oct 11	Sunday Oct 12
Soup	Corn Chowder	Chicken Noodle	Cream of Asparagus	* Tomato Rice	Beef Vegetable	Cream of Vegetable	* Minestrone Soup
Entrée 1	Beef Taco Salad with Guacamole, Salsa, Sour Cream, Tortilla Chips	Crab Cake with Pineapple Salsa	Monte Cristo Sandwich	Prosciutto & Caprese spinach salad with focaccia	Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce	French Toast with Sausage and Fresh Fruit	Crab Salad on Croissant
side	–	Garden Salad & Dinner Roll	Potato Salad	–	French Fries	–	* Spinach Mandarin Orange Salad
Entrée 2	Grilled Turkey, Gouda & Red Onion Sandwich on Sourdough Bread	Turkey Waldorf Salad	*Tuna Nicoise Salad Kalamata Olive Tomato Green Bean	Pulled Pork Sandwich	Crispy Teriyaki Chicken Bowl - Spinach, Carrot, Broccoli, Marinated Edamame Beans	Cheese Omelet with Bacon	Vegetable Quesadilla with Sour Cream & Salsa
Side	Summer Salad	Toast Points	Dinner Roll	Cornslaw & Sweet Potato Fries	Pita	Homefried Potatoes & Fresh Fruit	*Spinach Mandarin Orange Salad
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	Bruschetta on Garlic Crostini	Crispy Cauliflower Bites	Veggie Sticks & Dip	* Guacamole with Taco Chips	* Beet & Onion Salad	* Smoked Salmon Pinwheels	Brie Pear and Honey Crostini
Entrée 1	Veal Marsala	Braised Pork Shoulder with Apple & Whiskey BBQ glaze	Southern Fried Chicken	Spring Lamb Stew with Mushrooms & Green Peas	Vegetable Lasagna	Mushroom & Pepper Beef Sautee	Pan Seared Basa Loin with mango salsa
Side	Buttered Egg Noodles	Steamed Rice	Parisienne Potatoes	Chive Mashed Potatoes	Garlic Bread & Tossed Salad	Lemon Rice	Mashed Potatoes
Entrée 2	Bacon Wrapped Chicken Breast with Grainy Mustard Sauce	Crispy Breaded Sole Fillet with Tartar Sauce	Pan Fried Beef Liver with Bacon & Fried Onions	Mediterranean Cod Loin Stew	BBQ Pork Back Ribs	Greek Chicken Kebab with Tzatziki Sauce	Slow Roasted Veal Striploin with Shallot & Red Wine Jus
Side	Buttered Egg Noodles	Steamed Rice	Parisienne Potatoes	Chive Mashed Potatoes	Baked Potato & Sour Cream	Lemon Rice	Mashed Potatoes
Vegetable	Sweet Corn	*Cauliflower	* Seasoned Broccoli	Roasted Carrots	Corn on the Cobb	Garlic Green Beans	Sauteed Bok Choy
Vegetable	Brussels Sprouts	Minted Peas	Sauteed Red Peppers	Asparagus	Zucchini	Baby Carrots	Baked Squash
Dessert	Strawberry Rhubarb Pie	Maple Walnut Ice Cream	Lemon Buttermilk Cake	* Pecan Pie	* Warm Apple Crisp	Red Velvet Cake	German Chocolate Cake

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local - Corn

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