

June 29  30 July 1 Lunch 2 3 4 5

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	* Egg Drop	Irish Potato	Happy Canada Day!	Seafood Chowder	PICNIC DAY!	Mulligatawny	Chefs Choice
Entrée 1	* Chef Salad Ham Turkey Tomato Egg Cheese	Tuna Melt on Rye	BBQ Cheese Burger	Pulled BBQ Pork & Cheddar Grilled Cheese Sandwich	Fried Chicken	* Roast Beef Lettuce Tomato Horseradish Aioli Sandwich	Pancakes & Bacon
side	* Multigrain Dinner Roll	Tossed Salad	Poutine Fries	* Cranberry Spinach Salad	French Fries	Cucumber Dill Salad	Fresh Seasonal Fruit
Entrée 2	Western Omelet Sandwich	Mediterranean Salad with Feta & Shrimp	0	Quiche Lorraine Bacon Onion Swiss Cheese	0	Garden Vegetable Lasagna	* Salmon Salad Sandwich
Side	Hashbrowns & Fruit	Scone	The Ultimate Canadian Salad	* Cranberry Spinach Salad	Coleslaw	Parisienne Potatoes	Potato Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	vvg	Assorted Desserts
Dinner							
Appetizer	* Sweet & Sour Bean Salad	Caesar Salad	* Broccoli Salad	* Marinated Cucumber & Tomato Salad	House Salad	Tempura Vegetables	Shrimp with Cocktail Sauce
Entrée 1	Beef Meatloaf	Baked Chicken Legs	Thai Coconut Curry Shrimp	Roast Pork au Jus	Swiss Steak	Arctic Char	Obie Braiser Beef & Gravy
Side	Mashed Potatoes	Mashed Potatoes	Steamed Rice	Mini Roasted Red Potatoes	Baked Potato	Basmati Rice	Mashed Potatoes
Entrée 2	Maple Orange Glazed Chicken Breast	English Bangers Fried Onions & Gravy	Honey Garlic Beef Brisket	BBQ Chicken Kabobs	BBQ Baby Back Ribs	Pesto Crusted Chicken Breast with Tomato Basil Sauce	Smothered Pork Chops In Mushroom Sauce
Side	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mini Roasted Red Potatoes	Baked Potato	Roasted Potatoes	Mashed Potatoes
Vegetable	Seasoned Peas	* Roasted Beets	Sweet Corn	Carrot Coins	Sugar Snap Peas	Zucchini	Roasted Candied Carrots
Vegetable	* Seasoned Broccoli	Asparagus	Roasted Brussel Sprouts	* Brocolinni	* Yellow Beets	*Cauliflower	Buttered Corn
Dessert	Banana Cake	Apple Pie a la Mode	Sticky Toffee Pudding Cake	Chocolate Glazed Cake Donut	Angel Foodcake with Strawberries & Whip Cream	* Peach Melba	Assorted Desserts

Living Loving Local

* 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