

AUG



Lunch

Week 3	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8	Sunday 9
Soup	Cheddar Chickpea Chowder	Cream of Broccoli & Cheddar	Beef Barley	* Cream of Tomato	PICNIC DAY!	* French Lentil	Chefs Choice
Entrée 1	* Cobb Salad Chicken Bacon Egg Avocado Tomato Blue Cheese	Sausage Roll	Grilled Chicken Caesar Salad	Black Forest Ham & Swiss Sandwich	BBQ Cheese & Bacon Burger	* Roast Beef Tomato & Baby Arugula Sandwich	Greek Salad with Chicken
side	Scone	Potato Salad	* Multigrain Dinner Roll	French Fries	Fries & Gravy	Creamy Coleslaw	Pita
Entrée 2	Turkey Gouda Lettuce & Tomato Sandwich	* Toasted Fried Egg Ham Cheese Sandwich	Crab Salad on Croissant	Hot Open Face Turkey Sandwich		Cod Burger Lettuce Tomato Tartar	Creamy Macaroni and Cheese
Side	House Salad	Hashbrowns	Caesar Salad	French Fries	Pea Salad	Creamy Coleslaw	Tossed Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Creamsicle Pie	Assorted Desserts	Assorted Desserts
Dinner							
Appetizer	Coconut Shrimp Plum Sauce	Spring Roll Plum Sauce	* Arugula Salad Mandarins & Dried Cranberries	* Spanokopita with Tzatziki Sauce	* Green Salad Blueberries Almonds Goat Cheese	Veggie Pakora	* Broccoli Salad
Entrée 1	Breaded Pork Chops Gravy	Sweet & Sour Pork	Cabbage Rolls	* Chicken Souvlaki Tzatziki Sauce	Blueberry Balsamic Pork Tenderloin	Beef Wellington	Chicken Parmesan
Side	Roast Garlic Mashed Potatoes	Fried Rice	Perogies with Bacon & Onions	Greek Lemon Potato	Roasted Potatoes	Mashed Potatoes	Mashed Potatoes
Entrée 2	Oregano Roasted Chicken Thigh Garlic Tomato Sauce	Ginger Beef	Salmon Burger	Lemon Thyme Lamb Chop	Baked Cod with Peach & Tomato Salsa	Sausage & Broccoli Ravioli	Shrimp Scampi Lemon
Side	Roast Garlic Mashed Potatoes	Fried Rice	House Salad	Greek Lemon Potato	Roasted Potatoes	Garlic Bread	O'Brien Potatoes
Vegetable	* Seasoned Beets	Stir Fry Vegetables	#REF!	Roasted Carrots	Buttered Corn	Seasoned Peas	French Green Beans
Vegetable	Sweet Corn	0	0	Zucchini	* Broccolini	*Cauliflower	Sauteed Peppers
Dessert	Chocolate Fudge Brownie	Sticky Toffee Pudding Cake	Banana Cake	Tiramisu	* Warm Peach Cobbler with Vanilla Cream	Ice Cream & Cookies	Dessert

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local

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