

MENU FOR THE WEEK OF AUGUST 3 - AUGUST 9, 2026

Menu items are subject to change due to availability of products. **Please check the Daily Menu Board**

DINNER

OMELET OF THE WEEK: MEXICAN (CHORIZO SAUSAGES & CHEESE)

	03-Aug-26	04-Aug-26	05-Aug-26	06-Aug-26	07-Aug-26	08-Aug-26	09-Aug-26
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	*BC DAY* COCONUT CURRY VEGETABLE & RICE SOUP	HAMBURGER SOUP	CLAM CHOWDER SOUP	BEEF NOODLE SOUP	CABBAGE, POTATOES & SAUSAGES SOUP	CHICKEN NOODLE SOUP	CREAM OF *BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	BABY ARUGULA SALAD WITH MANGO & BLUEBERRIES	*SPINACH SALAD WITH SLICED EGGS & JULIENNE HAM	RADISH & CUCUMBER SALAD	STRAWBERRY & ORANGE SPRING SALAD	SLICED FRESH PAPAYA & DRIED CRANBERRIES ON ICEBERG LETTUCE	PASTA SALAD	ICEBERG LETTUCE WITH DICED FRUITS (HONEYDEW, CANTALOUPE, WATERMELON)
Entrée 1	ROASTED RIB EYE OF BEEF WITH YORKSHIRE PUDDING & GRAVY	STEAMED PORK POT STICKERS WITH SPRING ROLLS ON FRIED RICE	BAKED MEATLOAF WITH MUSHROOM GRAVY	BRAISED LAMB CHOPS	BAKED BEEF POT PIE WITH GRAVY	BRAISED BONELESS BEEF SHORT RIBS	FILIPINO BEEF CALDERETA WITH RICE
Entrée 2	SHEET PAN CAPRESE CHICKEN (ROASTED CHICKEN BREAST WITH FRESH MOZZARELLA CHEESE, JUICY ROASTED CHERRY TOMATOES, BALSAMIC REDUCTION & FRESH BASIL)	POACHED CHICKEN BREAST IN COCONUT BROTH/CRANBERRY SAUCE	SMOKED TURKEY SANDWICH ON CRANBERRY BREAD WITH FRENCH FRIES, RED CABBAGE & FRESH APPLE SALAD	TERIYAKI CHICKEN WINGS	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	BUTTER CHICKEN WITH RICE	GRILLED CHICKEN KABOBS WITH TZATZIKI SAUCE & PITA BREAD
Entrée 3	GRILLED SOCKEYE SALMON FILET WITH LEMON WEDGE	TIGER PRAWNS, AVOCADO COLD PLATE WITH COLESLAW & FRESH VEGETABLES	PAN LOBSTER CRAB CAKE WITH TARTAR SAUCE	PAN FRIED HADDOCK FILET WITH LEMON SAUCE	POACHED SALMON FILET WITH TARTAR SAUCE	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	STEAMED MUSSELS IN COCONUT CURRY BROTH
Starch	GARLIC MASHED POTATOES	POTATOES PATTIES	ROASTED YAM POTATOES	POTATO LYONNAISE	POTATO PATTIES	SCALLOPED POTATOES	ROASTED SEASONAL POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	ROASTED BABY CARROTS	YELLOW BEANS	BRUSSEL SPROUTS	RED BEETS	MIXED VEGETABLES	CORN	PEAS
Vegetable	BROCCOLI FLORETS	DICED RED PEPPERS & GREEN ZUCCHINI	MASHED TURNIPS & CARROTS	*BEANS		ZUCCHINI BATONS	BAKED *TOMATOES
FEATURED Dessert	COUNTRY CARROT CAKE	INDIVIDUAL FRUIT YOGURT PARFAIT	MANGO-APPLE CREPE WITH ICE CREAM	WARM CREAMY RICE- RAISIN PUDDING	VANILLA ICE CREAM WITH WARM PEACHES	INDIVIDUAL FRESH BLUEBERRY TART	WHIPPED STRAWBERRY JELLO

** Menu item contains a Superfood.*

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS &
LENTILS
BEETS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES
EGGS

FATTY FISH
NUTS
PEACHES
RASPBERRIES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

