



MENU FOR THE WEEK OF OCTOBER 19- OCTOBER 25, 2026



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

DINNER

OMELET OF THE WEEK: CRAB MEAT & DILL

	19-Oct-26	20-Oct-26	21-Oct-26	22-Oct-26	23-Oct-26	24-Oct-26	25-Oct-26
Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	PORK & VEGETABLE SOUP WITH CHICKPEAS	CORN, BACON & POTATO CHOWDER SOUP	HEARTY TOMATO & VEGETABLES SOUP	COCONUT BUTTERNUT SQUASH SOUP	BEEF RICE SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	CRUMBLIED TUNA & AVOCADO MIXED GREEN SALAD	PAPAYA & PINEAPPLE ON ICEBERG LETTUCE SALAD	BEET SALAD WITH RED ONION, MANDARIN ORANGES	FRESH BERRIES ON ICEBERG LETTUCE	FESTIVE SALAD *AVOCADO, CORN, CHERRY *TOMATOES ON LETTUCE	CRISPY PANCETTA WITH CUCUMBER, RED PEPPERS	ICEBERG LETTUCE WITH BRIE CHEESE & GRAPES, HONEYDEW
Entrée 1	BRAISED SWISS STEAK	OVERNIGHT ROASTED PORK BELLY	POTATO & CHEDDAR PEROGIES WITH SAUTEED ONION-BACON & SOUR CREAM	GRILLED OKTOBERFEST BREAKFAST SAUSAGES WITH POTATO & CARAMELIZED ONIONS	BREADED VEAL CUTLETS WITH GRAVY	TACO SALAD (BEEF)	THAI STYLE FRIED GROUND BEEF ON STEAMED RICE
Entrée 2	LINGUINE CHICKEN PRIMAVERA WITH PARMESAN & GARLIC BREAD	HAWAIIAN STYLE ROASTED CHICKEN LEGS WITH GRILLED PINEAPPLE	ROASTED WHOLE CHICKEN WITH STUFFING & GRAVY	ROASTED CHICKEN BREAST WITH GRAVY	BAKED ROSEMARY CHICKEN BREAST WITH GRAVY	ROAST CHICKEN THIGHS WITH GRAVY	SANTA FE ROASTED CHICKEN BREAST
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES, TARTAR SAUCE	SHRIMP SPRING ROLLS ON FRIED RICE	PAN FRIED TROUT FILET WITH TARRAGON BUTTER	GREEK STYLE BAKED RED SNAPPER FILET	PAN FRIED COD FILET WITH LEMON WEDGE	PAN FRIED SALMON FILET WITH HOLLANDAISE SAUCE	CREAMY SEAFOOD RISOTTO
Starch	POTATO PATTIES	BOILED POTATOES	ROASTED HERBED POTATOES	MASHED SWEET POTATOES WITH CHIVES	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	YELLOW ZUCCHINI	ACORN SQUASH	RED SWISS CHARD	GREEN BEANS	BAKED *TOMATO	MIXED VEGETABLES
Vegetable	SLICED CARROTS	DICED BEETS	MASHED TURNIPS & CARROTS	CORN NIBLETS	*CAULIFLOWER	BRAISED GREEN CABBAGE	
FEATURED Dessert	NANAIMO BAR	INDIVIDUAL COCONUT PUDDING	HAYSTACK BROWNIE	BAKED EGG CUSTARD	WHIPPED PINEAPPLE JELLO	LEMON MACAROON BARS	CHERRY PIE



* 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

