

## MENU FOR THE WEEK OF OCTOBER 26- NOVEMBER 1, 2026

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

### DINNER

OMELETTE OF THE WEEK: GREEK STYLE (TOMATO, ONION, FETA CHEESE)

|                     | 26-Oct                                                        | 27-Oct                                                               | 28-Oct                                                                                                                        | 29-Oct                                                | 30-Oct                                                                       | 31-Oct                                                                          | 01-Nov                                                  |
|---------------------|---------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------|
| Week 8              | Monday                                                        | Tuesday                                                              | Wednesday                                                                                                                     | Thursday                                              | Friday                                                                       | Saturday                                                                        | Sunday                                                  |
| Appetizer:<br>SOUP  | ITALIAN<br>MINISTRONE SOUP                                    | SPANISH CHORIZO &<br>SPINACH SOUP                                    | POTATOES & LEEK<br>SOUP                                                                                                       | SEAFOOD CHOWDER<br>SOUP                               | PUREED PEA SOUP                                                              | <b>"HAPPY HALLOWEEN"</b><br>"DEMON" CREAM OF<br>CAULIFLOWER SOUP                | CHICKEN NOODLE SOUP                                     |
|                     | DAILY CONGEE                                                  | DAILY CONGEE                                                         | DAILY CONGEE                                                                                                                  | DAILY CONGEE                                          | DAILY CONGEE                                                                 | DAILY CONGEE                                                                    | DAILY CONGEE                                            |
| Appetizer:<br>SALAD | BOCCONCINI,<br>TOMATO, CUCUMBER<br>ON BUTTER LETTUCE          | AVOCADO & TUNA ON<br>ICEBERG LETTUCE<br>SALAD                        | TURKEY HARVEST<br>CRISP SALAD WITH<br>CRANBERRIES & PECAN<br>ON ICEBERG LETTUCE                                               | GREEK SALAD                                           | MIXED GREENS WITH<br>RASPBERRIES & BLUE<br>CHEESE                            | BOILED "SPIDER" EGGS<br>WITH CRISPY "MUMMY"<br>BACON ON ICEBERG<br>LETTUCE      | WARM CALAMARI<br>SALAD WITH RANCH<br>DRESSING           |
| Entrée 1            | BEEF & VEGETABLES<br>STIR FRY ON<br>NOODLES                   | ROASTED PORK<br>TENDERLOIN WITH<br>CARAMELIZED ONION,<br>DIJON GRAVY | EGG BENEDICT<br>(POACHED EGGS ON<br>ENGLISH MUFFIN, WITH<br>CANADIAN STYLE<br>BACON TOPPED WITH<br>RICH HOLLANDAISE<br>SAUCE) | PAN FRIED VEAL LIVER<br>WITH SAUTEED<br>ONIONS, GRAVY | SWEET & SOUR PORK<br>SPARERIBS                                               | "BLOODY" MEAT<br>CANNELLONI IN TOMATO<br>SAUCE                                  | PAN FRIED BEEF FLANK<br>STEAK WITH AU JUS               |
| Entrée 2            | MARINATED &<br>ROASTED CHICKEN<br>BREAST WITH HOISIN<br>SAUCE | ROASTED CHICKEN<br>LEGS WITH GRAVY                                   | SWEET CURRY CHICKEN<br>WITH BASMATI RICE                                                                                      | BAKED MACARONI &<br>CHEESE                            | SMOKED TURKEY<br>BREAST COLD PLATE<br>WITH POTATO SALAD,<br>FRESH VEGETABLES | GRILLED "WITCHES<br>BREW" CHICKEN<br>SKEWERS WITH<br>"ZOMBIE" TZATZIKI<br>SAUCE | ROASTED CHICKEN<br>THIGHS WITH CREAMY<br>MUSHROOM SAUCE |
| Entrée 3            | BABY SHRIMP<br>SAUTEED<br>VEGETABLES QUICHE                   | COQUILLE ST JACQUES<br>(SCALLOPS,<br>MUSHROOMS, WHITE<br>WINE SAUCE  | BREADED SOLE FILET<br>WITH TARTAR SAUCE                                                                                       | FISH & CHIPS WITH<br>COLESLAW & TARTAR<br>SAUCE       | POTATO CRUSTED COD<br>FILET WITH TARTAR<br>SAUCE                             | POACHED "SCARECROW"<br>SALMON FILET WITH<br>CREAMY ROASTED RED<br>PEPPER SAUCE  | BUTTER GARLIC PRAWN<br>SKEWERS WITH LEMON<br>WEDGE      |
| Starch              | STEAMED WHITE<br>POTATOES WITH<br>DILL                        | ROASTED YAM<br>POTATOES                                              | POTATO LYONNAISE                                                                                                              | MASHED POTATOES                                       | POTATO PATTIES                                                               | MASHED "EYEBALL"<br>POTATOES                                                    | ROASTED RED<br>POTATOES                                 |
|                     | STEAMED RICE                                                  | STEAMED RICE                                                         | STEAMED RICE                                                                                                                  | STEAMED RICE                                          | STEAMED RICE                                                                 | STEAMED RICE                                                                    | STEAMED RICE                                            |
| Vegetable           | PEAS & MUSHROOMS                                              | DICED BEETS                                                          | CAULIFLOWER                                                                                                                   | BAKED TOMATOES                                        | BROCCOLI                                                                     | "BLACK CAT" BROCCOLI<br>FLORETS                                                 | MIXED VEGETABLES                                        |
| Vegetable           | BABY CARROTS                                                  | CORN NIBLETS                                                         | ASPARAGUS                                                                                                                     | GREEN BEANS                                           | YELLOW ZUCCHINI                                                              | "GOBLIN" BABY CARROTS                                                           |                                                         |
| FEATURED<br>Dessert | CARROT CAKE                                                   | CUSTARD BREAD<br>PUDDING WITH<br>CARAMEL SAUCE                       | KIWI UPSIDE DOWN<br>CAKE                                                                                                      | WARM TAPIOCA<br>PUDDING                               | ASSORTED CAKE                                                                | "FRANKENSTEIN"<br>PUMPKIN PIE WITH<br>WHIPPED CREAM                             | PEACH MELBA WITH<br>RASPBERRY COULIS                    |



*\* 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

