

Regular Menu: Week 1 at a glance Aug 5-11, Sept 2-8, Sept 30-Oct 6, Oct 28-Nov 3, Nov 25-Dec 1, Dec 23-29, Jan 20-26, Feb 17- 23, Mar 17-23, April 14- 20, May 12-18

WEEK 1	MONDAY – Day 1	TUESDAY – Day 2	WEDNESDAY – Day 3	THURSDAY – Day 4	FRIDAY – Day 5	SATURDAY – Day 6	SUNDAY– Day 7
LUNCH							
SOUP	Hearty Bean Medley Soup	Minestrone Soup	Chicken Noodle Soup	Homemade Tomato Bisque Soup	Cream of Vegetable Soup	Butternut Squash Soup	Beef Vegetable Soup
SALAD	Pickled Beet Salad	Creamy coleslaw	4 Bean Salad			Tossed Green Salad	Spinach and Mandarin Salad
MAIN ENTRÉE	<u>Assorted Sandwich & Wrap Platter:</u>	Homemade Fish and Chips	Pulled Pork Sandwich	Turkey Chili With Dinner Roll	Beef Burger	Honey Garlic Vegetarian Meatballs	Grilled Monte Cristo Sandwich
STARCH	Tuna Salad, Turkey, Egg Salad, Ham			Savory Diced potato	W/ Steak Fries	W/Streamed Rice	
VEGETABLE							
DESSERT	Diced Pears	Diced Peaches	Strawberry Pudding	Fruit Cocktail		Mandarins	Jell-O
SUPPER							
MAIN ENTRÉE	BBQ Bone in Pork Rib	Chicken Cordon Bleu	Ginger Beef W/ Sauce	Pork Medallions in mushroom sauce	Steamed Haddock w/Lemon Dill Sauce	Beef & Mushroom Tips	Roast Turkey with Stuffing & Cranberry Sauce
STARCH	Baked Potato (Sour Cream, Bacon Bits, Green Onion)	Scalloped Potatoes	Steamed Noodles	Fingerling Potato	Ranch Potatoes	Egg Noodles	Mashed Potatoes
VEGETABLE	Peas	California Veg	Broccoli	Cauliflower	Pick of the day vegetables	French Green Beans	Carrots
DESSERT	Trifle	Tapioca Pudding	Chocolate Bread Pudding W/Vanilla Sauce	Oven Baked Apple Crisp	Date Square	Strawberry Vanilla Cake with Whipped Topping	Chocolate Crème Pie
Assorted Sandwiches offered at Lunch and Supper Dessert Cart offered at Lunch and Supper Beverage Cart (hot & cold) offered at Breakfast, Lunch and Supper							

Regular Menu: Week 2 at a glance Aug 12-18, Sept 9-15, Oct 7-13, Nov 4-10, Dec 2-8, Dec 30-Jan 5, Jan 27-Feb 2, Feb 24-Mar 2, Mar 24-30, April 21-27, May 19-25

WEEK 2	MONDAY – Day 8	TUESDAY – Day 9	WEDNESDAY – Day 10	THURSDAY – Day 11	FRIDAY – Day 12	SATURDAY – Day 13	SUNDAY– Day 14
LUNCH							
SOUP	Potato Chowder Soup	Chicken Mushroom Soup	Turkey Vegetable Soup	Pumpkin Bisque Soup	Vegetable Lentil Soup	Tomato Macaroni Soup	Beef Barley Soup
SALAD	Mix green salad.		Tossed mix Greens		Creamy Coleslaw		
MAIN ENTRÉE	Hot Chicken Sandwich on Rye	Vegetarian Chili		Tomato Slices	Homemade Fish Cake W/ Tartar Sauce	Bacon, Lettuce & Tomato Bunwich	Chicken Strips with Plum Sauce
STARCH	Home Made Fries	Corn Bread W/ Margarine	Grilled Ham & Cheese Sandwich	Mac and Cheese	Lemon Wedge		Onion Rings
VEGETABLE				Garlic Stick	Baked Steak Fries With Ketchup		
DESSERT	Sliced Watermelon	Diced Pears	Coconut Pudding	Chocolate Pudding	Diced Peaches	Jell-O	Fruit Cocktail
SUPPER							
MAIN ENTRÉE	Homemade Beef Stew	Chicken Alfredo Penne Pasta	Multigrain Tilapia W/ Lemon Dill Sauce	Veal Cutlet with Red Wine Sauce	Butter Chicken	Spaghetti Bolognese	Festival Baked Ham
STARCH	Dinner Roll w/Margarine	Julienne Carrots	Steamed Rice W/ Soy Sauce	Mashed Potatoes	Steamed Jasmine Rice	Oven baked Garlic Stick	Cheesy Mashed Potatoes
VEGETABLE	Sunrise Mix Vegetable	Oven baked Garlic Stick	French Green Beans	Creamed Corn	Assorted Mixed Vegetables	Broccoli	Baked Squash
DESSERT	Swiss Mocha Pudding	Creamy Blueberry Cheesecake	Butterscotch Confetti Squares	Coconut Macaroon Cookie	Tiramisu Mousse	Oven Baked Cherry Crisp	Boston Crème Pie

Assorted Sandwiches offered at Lunch and Supper
 Dessert Cart offered at Lunch and Supper
 Beverage Cart (hot & cold) offered at Breakfast, Lunch and Supper

Regular Menu: Week 3 at a glance Aug 19-25, Sept 16- 22, Oct 14-20, Nov 11-17, Dec 9-15, Jan 6-12, Feb 3-9, Mar 3-9, Mar 31-April 6, April 28-May 4, May 26-June 1

WEEK 3	MONDAY – Day 15	TUESDAY – Day 16	WEDNESDAY – Day 17	THURSDAY – Day 18	FRIDAY – Day 19	SATURDAY – Day 20	SUNDAY– Day 21
LUNCH							
SOUP	Cream of Mushroom Soup	Vegetable Soup	Cabbage Roll Soup	Borscht Soup	Chicken Noodle Soup	Tomato navy bean soup	Cream of Tomato Soup
SALAD	Tossed Greens	Caesar Salad	BLT Salad		Chicken Fried Rice	Mix Green Salad	KFC Style Coleslaw
MAIN ENTRÉE	Cheese Tortellini Pasta w/ Rose Sauce	Cheese Pizza	Vegetarian Lasagna	Perogy Casserole		Turkey grilled cheese sandwich with cranberry mayo	Crispy Chicken Drumstick
STARCH					Vegetable Spring Roll with Plum Sauce		
VEGETABLE						Steak Fries/Ketchup	
DESSERT	Butterscotch Pudding	Diced Pears	Diced Peaches	Banana	Vanilla Greek Yogurt	Fruit Cocktail	Mandarins
SUPPER							
MAIN ENTRÉE	Homemade BBQ Meatloaf	Swedish Turkey Meatball	Tomato Basil Roast Pork	Herb Roasted Chicken Breast/ Creamy Coconut Sauce	Baked Cajun Salmon w/Lemon Dill Sauce	Chicken Picatta (Floured & Fried Chicken in a Lemon Caper Sauce)	Roast Beef Gravy/Horseradish
STARCH	Ranch Potato	Egg Noodles	Oven Roasted Creamer Potato	Mediterranean Rice	Schwartzies Potato	Scalloped Potatoes	Mashed Potatoes
VEGETABLE	Harvard Beets	Peas	Broccoli	Pick of the Day Vegetables	Green Beans		Diced Turnips
DESSERT	Rice Pudding	Peach Coffee Cake	Cranberry White Chocolate Cookies	Chocolate Zucchini Cake	Nanaimo Bar	Vanilla Swirl Cake	Banana Crème Pie
Assorted Sandwiches offered at Lunch and Supper Dessert Cart offered at Lunch and Supper Beverage Cart (hot & cold) offered at Breakfast, Lunch and Supper							

Regular Menu: Week 4 at a glance Aug 26-Sept 1, Sept 23 - 29, Oct 21 -27, Nov 18 -24, Dec 16- 22, Jan 13-19, Feb 10-16, Mar 10-16, April 7-13, May 5-11

WEEK 4	MONDAY – Day 22	TUESDAY – Day 23	WEDNESDAY – Day 24	THURSDAY – Day 25	FRIDAY – Day 26	SATURDAY – Day 27	SUNDAY– Day 28
LUNCH							
SOUP	Beef Noodle Soup	Corn Chowder Soup	Cream of Broccoli & Cheese Soup	Chicken and Rice Soup	Mushroom Barley Soup	Cream of Vegetable Soup	Veg Split Pea Soup
SALAD	Tossed Salad	Greek Salad	All Beef Hot Dog Ketchup, Relish, mustard Fried onions	Tossed Salad	Potato Salad	Tomato, Cheese, and lettuce Sandwich on WW	Mixed Greens Egg Benedict w/Hollandaise Sauce
MAIN ENTRÉE	Grilled three cheese sandwich	Cod Nuggets Lemon Wedges Tartar sauce	Baked Beans	Tomato and pepper Quiche	Chicken Wings – Choice of Plain, BBQ, Sweet & Sour or Honey Mustard Sauce	Hashbrown w/ ketchup	
STARCH		Potato wedges					
VEGETABLE	Diced pears				Onion Rings	Sweet potato fries	
DESSERT		Sliced Strawberries	Jell-O	Fruit Cocktail	Sliced Watermelon	Mandarins	Jell-O
SUPPER							
MAIN ENTRÉE	Home-Style Chili with Shredded Cheese	Pork Stew	Teriyaki Chicken Stir Fry with Vegetables & Sauce	Beef Bourguignon	Haddock Fish with Tarragon Cream Sauce	Hungarian Chicken	Shepherds Pie
STARCH	Corn Meal Muffin	Steamed Rice W/ Soy Sauce	Steamed Noodles	Fingerling Roasted Potato	Steamed Rice with Soy Sauce	Egg Noodles	Diced Carrots
VEGETABLE	Carrots	Sunrise Vegetables		Pick of the Day Vegetable	French Green Beans	Broccoli	Garlic Bread
DESSERT	Homemade Carrot Cake	Assorted Cookies	Cheesecake w/ Fruit Compote	White Chocolate Macadamia nut Cookies	Homemade Butter Tarts	Chocolate Pudding Cake	Coconut Crème Pie
Assorted Sandwiches offered at Lunch and Supper Dessert Cart offered at Lunch and Supper Beverage Cart (hot & cold) offered at Breakfast, Lunch and Supper							