

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	Pickle Spears	Creamy coleslaw	4 Bean Salad			Tossed Green Salad	Spinach and Mandarin Salad
MAIN ENTRÉE	Assorted Sandwiches (Egg Salad, Sliced Turkey, Tuna salad, Peanut Butter &jelly)	Homemade Fish and Chips	BBQ Shredded Pork w/ Gravy and Corn Muffin	Turkey Chili w/ Dinner Rolls	Hamburger on the Bun w/ Steak Fries	Honey Garlic Vegetarian Meatballs w/Streamed Rice	Grilled Monte Cristo Sandwich
STARCH							
VEGETABLE							
DESSERT	Diced Pears	Diced Peaches	Strawberry Pudding	Fruit Cocktail	Banana	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	Salisbury Steak w/onion Gravy	Roast Turkey with Stuffing & Cranberry Sauce
STARCH	Baked Potato (Sour Cream, Bacon Bits, Green Onion)	Scalloped Potatoes	Steamed Noodles	Fingerling Potato	Ranch Potatoes	Mashed Potatoes	Mashed Potatoes
VEGETABLE		California Mixed Veggies	Broccoli	Cauliflower	Pick of the day vegetables	French Green Beans	Carrots
DESSERT	Trifle	Tapioca Pudding	Sundae Vanilla Cup	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							

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	Tomato Slices	Creamy Coleslaw		
MAIN ENTRÉE	Hot Chicken Sandwich on Rye	Hearty Lentil Stew w/ Brown rice & dinner Roll	Grilled Ham & Cheese Sandwich	Sweet & Sour Tofu	Fish Burger w/ Tartar sauce	Bacon, Lettuce, & Tomato Bunwich	Chicken Strips with Plum Sauce
STARCH	Home Made Fries			w/ Rice	Steak Fries w/ Ketchup	Tater Tots	Onion Rings
VEGETABLE							
DESSERT	Coconut Pudding	Diced Pears	Fresh Cantaloupe	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	Chicken Caldereta	Spaghetti Bolognese	Festival Baked Ham
STARCH	Dinner Roll w/ Margarine	Oven baked Garlic Stick	Steamed Rice W/ Soy Sauce	Mashed Potatoes	Brown Rice	Oven baked Garlic Stick	Cheesy Mashed Potatoes
VEGETABLE	Sunrise Mix Vegetable	Julienne Carrots	French Green Beans	Creamed Corn	Assorted Mixed Vegetables	Broccoli	Baked Butternut Squash
DESSERT	Swiss Mocha Pudding	Creamy Blueberry Cheesecake	Butterscotch Confetti Squares	Lemon Coconut Bar	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							

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			Mix Green Salad	KFC Style Coleslaw
MAIN ENTRÉE	Chickpea & Avocado Sandwich	Cheese Pizza	Vegetarian Lasagna	Garlic Sausage & perogy w/ onion & Bacon & Sour Cream	Chicken Fried Rice	Turkey Grilled Cheese Sandwich w/ Cranberry Mayo	Crispy Chicken Drumstick
STARCH	Sweet Potato Fries			Cabbage Roll & Tomato Sauce	Vegetable Spring Roll with Plum Sauce	Steak Fries/Ketchup	Tater Tots
VEGETABLE							
DESSERT	Butterscotch Pudding	Diced Pears	Diced Peaches	Banana	Jello	Fruit Cocktails	Mandarins
SUPPER							
MAIN ENTRÉE	Homemade BBQ Meatloaf	Swedish Turkey Meatball	Tomato Basil Roast Pork	Asian Glazed Chicken Thighs	Baked Cajun Salmon w/Lemon Dill Sauce	Chicken Picatta (Floured & Fried Chicken in a Lemon Caper Sauce)	Roast Beef w/ Gravy
STARCH	Ranch Potato	Egg Noodles	Oven Roasted Creamer Potato	Garlic Brown Rice	Schwartzies Potato	Scalloped Potatoes	Mashed Potatoes
VEGETABLE	Harvard Beets	Peas	Broccoli	Pick of the Day Vegetables	Green Beans		Diced Turnips
DESSERT	Nanaimo Bar	Chia Pudding w/ Mangoes	White Chocolate Cookies	Chocolate Cake	Coconut Rice Pudding	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							

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	Veggie Split Pea Soup
SALAD	Tossed Salad	Greek Salad		Tossed Salad	Potato Salad		Mixed Greens
MAIN ENTRÉE	Grilled Three Cheese Sandwich	Cod Nuggets (w/ Lemon Wedges & Tartar sauce)	Pasta Primavera	Tomato and Pepper Quiche	Chicken Wings Choice of Plain, BBQ, Sweet & Sour or Honey Mustard Sauce	Tomato, Cheese, & Lettuce Sandwich on WW	Mac & Cheese
STARCH		Potato wedges	Garlic Toast			Sweet potato fries	Oven baked Garlic Sticks
VEGETABLE					Onion Rings		
DESSERT	Diced pears	Sliced Strawberries	Vanilla Greek Yogurt	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 w/ Tarragon Cream Sauce	Hungarian Chicken	Shepherds Pie
STARCH	Corn Meal Muffin	Steamed Rice W/ Soy Sauce	Steamed Noodles	Fingerling Roasted Potato	Steamed Rice w Soy Sauce	Egg Noodles	Diced Carrots
VEGETABLE	Carrots	Sunrise Vegetables		Pick of the Day Vegetable	French Green Beans	Broccoli	Dinner Rolls
DESSERT	Homemade Carrot Cake	Assorted Cookies	Cheesecake w/ Fruit Compote	Mini Donuts	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							

Regular Menu: Week 4 at a glance | June30-July 6, July 28-Aug 3, Aug 25-31, Sept 22-28, Oct 20-26, Nov 17-23, Dec 15-21, Jan 12-18, Feb 9-15, Mar 9-15, April 6-12