



Fall & Winter 2016

Menu Week 1

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|---|--|--|--|
| lunch | Five Bean Soup Havarti Sandwich on Focaccia Red Cabbage Salad Chocolate Brownie | Mushroom Dijon & Dill Soup Pulled Pork Sandwich on Ciabatta Bread Creamy Coleslaw Chocolate Chip Walnut Bar | Cream of Asparagus Soup Teriyaki Turkey Burger Carrot & Raisin Salad Cantaloupe wedge | Tomato Rice Soup Corned Beef Sandwich w/ Sauerkraut on Rye Beet & Onion Salad Carrot Cake | Red Lentil Soup Salmon Frittata Marinated Vegetable Salad Dinner Roll Date Square | Parsnip Leek & Apple Soup Hot Turkey Sandwich Moroccan Green Beans Pineapple Tidbits | Manhattan Clam Chowder Greek Chicken Pizza Zucchini Ribbon Salad Rice Pudding |
| | Asian Greens Salad Roasted Turkey Stuffing Garlic Mashed Potatoes Poultry Gravy Brussels Sprout Apple Pie | Antipasto Asiago Crusted Chicken Risotto Grilled Zucchini & Peppers Lemon Meringue Pie | Vegetable Spring Rolls & Plum Sauce Beef Shanghai Stir Fry Herbed Rice Blueberry Cobbler | Panzanella Salad Tangy Apple Pork Ribs Cilantro Polenta PEI Veg Cappuccino Pound Cake | Caesar Salad Beef Lasagna Garlic Toast Broccoli Gingerbread Cake | Country Walnut & Cranberry Salad Mediterranean Haddock Rice Pilaf Asparagus Butter Tart | Veggie's & Ranch Dip Lamb Roast Gravy Mint Jelly Mashed Potatoes Herb Roasted Tomatoes Banana Cake |
| dinner | | | | | | | |

*Diabetic options available



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Menu Week 2

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|---|---|---|---|
| lunch | Cream of Celery Soup Black Bean Chilli Buttered Toast Points Spinach Salad Almond Biscotti | Mulligatawny Soup Crab Cakes Black Bean Avocado Salad Pumpkin Spiced Blondies | Cream of Mushroom Soup Macaroni & Three Cheese Casserole Mandarin Orange Segments | Beef Barley Soup Turkey & Cranberry Salad on a Kaiser Bun Sonoma Salad Fruit Cocktail | Cream of Cauliflower Soup Shaved Ham on Ciabatta Bread with Onion Apricot Relish Tossed Salad Stewed Rhubarb | Chicken Noodle Soup Beef Dip Au Jus Spinach Tomato Salad Frosted Cupcake | Corn Chowder Soup Grilled Cheese Sandwich Country Style Tomato Salad Cantaloupe wedge |
| | Tossed Salad Stuffed Pork Loin Oven Roasted Potatoes Julienned Carrots Cherry Pie | Crunchy Broccoli & Feta Salad Beef Bourguignon Basmati Rice Seasoned Turnip Iced Chocolate Cake | Mixed Green Salad Grilled Pork Chop Rosemary Potatoes Roasted Tomato Cinnamon Fruit Compote | Spinach Arugula & Goat Cheese Salad Liver & Onions Mashed Potatoes Gravy Braised Green Cabbage Rice Pudding | Mediterranean Roasted Vegetable Salad Italienne Beef Swiss Steak Baked Potato Sour Cream Succotash Lemon Buttermilk Cake | Baba Ganoush with Pita Triangles Pork Loin Stuffing Potatoes Au Gratin Peas Cottage Pudding | Veggies & Picante Dip Herb Roasted Turkey Fruited Rice Pilaf Roasted Butternut Squash Caramel Cheesecake |
| dinner | | | | | | | |

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Menu Week 3

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|---|---|--|--|
| lunch | Cream Of Vegetable Soup Chicken Pot Pie Caesar Salad Dinner Roll Pineapple Tidbits | Tomato Basil Soup Eggs Benedict Spinach Salad Lemonicious Square | Cream Of Carrot & Turnip English-Style Fish Fries & Coleslaw Orange Wedges | Lentil Soup Chicken Club Sandwich On Ciabatta Bread Creamy Dill Cucumber Salad Diced Pears | Chicken & Mushroom Chowder Beef Chilli Chef's Salad Dinner Roll Pineapple Coconut Yogurt Parfait | Roasted Vegetable With Garlic Soup Tuna Salad Sandwich Tossed Salad Baked Custard | Chickpea Curry Soup Deli Meat Sandwich On Marble Rye Tuscan Greens Salad with Balsamic Dressing Fruit Cocktail |
| | Tossed Salad Roast Beef Gravy Mashed Potatoes Peas & Carrots Yorkshire Pudding Blueberry Pie | Marinated Mushroom Salad Bavarian Veal Roasted Dijon Potatoes Roasted Fall Vegetables Peach Cobbler | Asiago Garlic Bread Roll Devilled Pork Chop Potatoes O'Brien Sautéed Kale Sticky Toffee Pudding Cake | Beet, Arugula & Bacon Salad Moroccan Turkey Stew Paprika Seasoned Potatoes & Sautéed Zucchini Pumpkin Pie | Pita Triangles With Hummus Rustic Italian Cod Rice Pilaf & Peas Raspberry Cream Tiramisu | Italian Seasoned Flat Bread Glazed Ham Scalloped Potatoes & Sautéed Spinach Date Pudding | Fennel Coleslaw Beef, Broccoli Garlic & Ginger Stir-Fry Seasoned Rice & Grilled Eggplant Vanilla Carmel Swirl Cake |
| dinner | | | | | | | |

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Menu Week 4

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|--|--|---|--|
| lunch | Cream of Potato Soup Leek & Roasted Red Pepper Quiche Edamame & Corn Salad Dinner Roll Melon Cup | Asian Vegetable Beef Soup Pancakes Bacon Orange Garnish Fresh Banana | Vegetable Chowder Grilled Chicken On Caesar Garlic Toast Cappuccino Mousse | Butternut Squash Soup Corned Beef Sandwich on Marble Rye Orange, Beet & Spinach Salad Ice Cream Sandwich | Rustic Lentil Soup Turkey Dijon Sandwich on Ciabatta Bread Marinated Vegetable Salad Diced Melon | Cream of Broccoli Soup Roast Beef Sandwich with Onion Marmalade Carrot, Celery & Cucumber Salad Pineapple Tidbits | Minestrone Soup Herb Frittata Romaine Lettuce Salad Dinner Roll Apricot Halves |
| | Veggies & Dill Dip Roasted Chicken w/ Poultry Gravy Raisin Stuffing Mashed Potatoes Glazed Carrots Strawberry Rhubarb Pie | Blushing Orange Salad Oktoberfest Sausage Sweet Potato Fries Roasted Zucchini Mango Crème Brûlée | Quinoa, Curry Apple Almond Salad Spring Lamb Stew Tea Biscuit Glazed Yams Cantaloupe Wedge | Garden Salad Apple Cranberry Stuffed Pork Loin Mashed Potatoes Green Beans Peach & Apple Crumble | Veggies & Ranch Dip Italian Parmesan Meat Loaf Fettuccine Pasta Ratatouille French Cream Cheesecake | Mushroom & Garlic Flatbread Cajun Seared Haddock with Maple Lime Butter Roasted Baby Red Potatoes Mashed Parsnips Cherry Crisp | Marinated Barley Salad Horseradish & Pepper Crusted Beef Tenderloin Whipped Potatoes Crisp Vegetable Medley Caramel Bread Pudding |
| dinner | | | | | | | |

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Menu Week 5

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|---|--|--|---|
| lunch | Harvest Pumpkin Soup Chicken Mango Wrap Tossed Salad Tropical Fruit Salad | Tomato Vegetable Soup Harvest Monte Cristo Sandwich Waldorf Salad Fruit Cocktail | Potato Bacon Soup Sauerbraten Sandwich on a Pretzel Bun Tossed Salad Lemon Loaf | Borscht Pork Loin Sandwich Peach Salsa Layered Salad Black Forest Pudding | Tuscan Beef Soup Garden Quiche Sweet Chilli Cucumber Salad Dinner Roll Raspberry Oatmeal Square | Roasted Sweet Potato & Garlic Soup Ham Croissant Apple Ginger Chutney Green Pepper Slaw Butterscotch Ice Cream | French Onion Soup Beef Hamburger Marinated Beet Salad Vanilla Mousse |
| | Guacamole w/ Pita Triangles Roast Turkey Mashed Potato & Gravy Roasted Butternut Squash Chocolate Cream Pie | Asiago Garlic Bread Crunchy Dijon Cod Roasted Parisian Potatoes Herbed Zucchini Spears Iced Orange Cake | Prairie Lentil Salad Grilled Chicken Breast Chasseur Sauce Baked Potato Seasoned Carrots Banana Cream Pie | Veggies & Dill Dip Beef Pot Roast Buttermilk Mashed Potatoes Broccoli Lemony Pumpkin Tart | Tomato Mozzarella Salad Sage Crusted Pork Tenderloin Paprika Seasoned Potatoes Roasted Fall Vegetables Carrot Cake | Vegetarian Samosa Veal Scaloppini Oven Roasted Potatoes Baked Acorn Squash Chocolate Bread Pudding | Stuffed Mushrooms Lemon Rosemary Chicken Boiled Baby Red Potatoes PEI Vegetables Fruit Trifle |
| dinner | | | | | | | |

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Menu Week 6

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|---|--|--|---|
| lunch | Tomato Basil Egg Salad Sandwich On Whole Wheat Tossed Salad Lemon Squares | Cream of Celery Shrimp Salad Croissant Carrot & Raisin Salad Mandarin Orange Segments | Clam Chowder Hot Chicken Sandwich Caesar Salad Pickles & Green Olives Tangerine Mousse | Split Pea Soup Philly Cheese Steak Creamy Coleslaw and Tomato Slices Tropical Fruit Salad | Mushroom Barley Soup Grilled Ham & Cheese Tossed Salad Lemon Loaf | Cream of Broccoli Soup Ham & Pineapple Pizza Caesar Salad Cherry Strudel | Chicken Rice Soup Teriyaki Chicken Wings Tossed Salad Assorted Desserts |
| | Sunday Buffet Assorted Salads Potatoes & Rice Choice of Two Entrees Mixed Vegetables Assorted Desserts | Asian Noodle Salad Sweet and Sour Pork Fried Rice Snow Peas Banana Cream Pie | Spring Mix Salad Salisbury Steak Sautéed Mushrooms & Onions Mashed Potatoes Carrots Chocolate Mousse | Garden Salad Potato Crusted Cod Loin with Chives & Cheddar Mashed Potatoes Mashed Turnips Carrots Cream Cheese & Raspberry Strudel | Four Bean Salad Beef Stroganoff Egg Noodles Mixed Vegetables Rhubarb Crisp | Caesar Salad Chicken Cordon Bleu w/ Poultry Gravy Roasted Potatoes & Brussels Sprouts Bread Pudding | Broccoli Salad Pork Chop w/ Apple Sage Sauce Roasted Potatoes Braised Red Cabbage Peach Cobbler |
| dinner | | | | | | | |

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