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|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| lunch | Five Bean Soup**Havarti Sandwich on Focaccia**Red Cabbage SaladChocolate Brownie | Mushroom Dijon & Dill Soup**Pulled Pork Sandwich on Ciabatta Bread**Creamy ColeslawChocolate Chip Walnut Bar | Cream of Asparagus Soup**Teriyaki Turkey Burger**Carrot & Raisin SaladCantaloupe wedge | Tomato Rice Soup**Corned Beef Sandwich w/** **Sauerkraut on Rye**Beet & Onion SaladCarrot Cake | Red Lentil Soup**Salmon Frittata**Marinated Vegetable Salad Dinner RollDate Square | Parsnip Leek & Apple Soup**Hot Turkey Sandwich**Moroccan Green BeansPineapple Tidbits  | Manhattan Clam Chowder**Greek Chicken Pizza**Zucchini Ribbon SaladRice Pudding |
| dinner | Asian Greens Salad**Roasted Turkey**StuffingGarlic Mashed Potatoes Poultry Gravy Brussels SproutApple Pie | Antipasto**Asiago Crusted Chicken**RisottoGrilled Zucchini & PeppersLemon Meringue Pie | Vegetable Spring Rolls & Plum Sauce**Beef Shanghai Stir Fry**Herbed RiceBlueberry Cobbler | Panzanella Salad**Tangy Apple Pork Ribs**Cilantro PolentaPEI VegCappuccino Pound Cake | Caesar Salad**Beef Lasagna**Garlic ToastBroccoliGingerbread Cake | Country Walnut & Cranberry Salad**Mediterranean Haddock**Rice PilafAsparagusButter Tart | Veggie's & Ranch Dip**Lamb Roast**Gravy Mint Jelly Mashed Potatoes Herb Roasted TomatoesBanana Cake |
|  | **\*Diabetic options available** |

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|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| lunch | Cream of Celery Soup**Black Bean Chilli**Buttered ToastPointsSpinach SaladAlmond Biscotti | Mulligatawny Soup**Crab Cakes**Black Bean Avocado SaladPumpkin Spiced Blondies | Cream of Mushroom Soup**Macaroni & Three Cheese Casserole**Mandarin Orange Segments | Beef Barley Soup**Turkey & Cranberry Salad on a Kaiser Bun**Sonoma SaladFruit Cocktail | Cream of Cauliflower Soup**Shaved Ham on Ciabatta Bread with Onion Apricot Relish**Tossed SaladStewed Rhubarb | Chicken Noodle Soup**Beef Dip Au Jus**Spinach Tomato SaladFrosted Cupcake | Corn Chowder Soup**Grilled Cheese Sandwich**Country Style Tomato SaladCantaloupe wedge |
| dinner | Tossed Salad**Stuffed Pork Loin** Oven Roasted PotatoesJulienned CarrotsCherry Pie | Crunchy Broccoli & Feta Salad**Beef Bourguignon**Basmati Rice Seasoned TurnipIced Chocolate Cake | Mixed Green Salad**Grilled Pork Chop** Rosemary Potatoes Roasted TomatoCinnamon Fruit Compote | Spinach Arugula & Goat Cheese Salad**Liver & Onions** Mashed Potatoes GravyBraised Green CabbageRice Pudding | Mediterranean Roasted Vegetable Salad**Italienne Beef Swiss Steak**Baked PotatoSour CreamSuccotashLemon Buttermilk Cake | Baba Ganoush with Pita Triangles**Pork Loin**StuffingPotatoes Au Gratin PeasCottage Pudding | Veggies & Picante Dip**Herb Roasted Turkey**Fruited Rice Pilaf Roasted Butternut SquashCaramel Cheesecake |
|  | \*Diabetic options available |

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|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| lunch | Cream Of Vegetable Soup**Chicken Pot Pie**Caesar SaladDinner RollPineapple Tidbits | Tomato Basil Soup**Eggs Benedict**Spinach SaladLemonicious Square | Cream Of Carrot & Turnip**English-Style Fish** Fries & ColeslawOrange Wedges | Lentil Soup**Chicken Club Sandwich On Ciabatta Bread**Creamy Dill Cucumber SaladDiced Pears | Chicken & Mushroom Chowder**Beef Chilli**Chef’s SaladDinner RollPineapple Coconut Yogurt Parfait | Roasted Vegetable With Garlic Soup**Tuna Salad Sandwich**Tossed SaladBaked Custard | Chickpea Curry Soup**Deli Meat Sandwich On Marble Rye**Tuscan Greens Salad with Balsamic DressingFruit Cocktail |
| dinner | Tossed Salad**Roast Beef**Gravy Mashed PotatoesPeas & Carrots Yorkshire PuddingBlueberry Pie | Marinated Mushroom Salad**Bavarian Veal**Roasted Dijon PotatoesRoasted Fall VegetablesPeach Cobbler | Asiago Garlic Bread Roll**Devilled Pork Chop** Potatoes O’Brien Sautéed KaleSticky Toffee Pudding Cake | Beet, Arugula & Bacon Salad**Moroccan Turkey Stew**Paprika Seasoned Potatoes & Sautéed ZucchiniPumpkin Pie | Pita Triangles With Hummus**Rustic Italian Cod** Rice Pilaf & PeasRaspberry Cream Tiramisu | Italian Seasoned Flat Bread**Glazed Ham**Scalloped Potatoes & Sautéed SpinachDate Pudding | Fennel Coleslaw**Beef, Broccoli Garlic & Ginger Stir-Fry**Seasoned Rice & Grilled EggplantVanilla Carmel Swirl Cake |
|  | \*Diabetic options available |

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|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| lunch | Cream of Potato Soup**Leek & Roasted Red Pepper Quiche**Edamame & Corn SaladDinner RollMelon Cup | Asian Vegetable Beef Soup**Pancakes**BaconOrange GarnishFresh Banana | Vegetable Chowder**Grilled Chicken****On Caesar**Garlic ToastCappuccino Mousse | Butternut Squash Soup**Corned Beef Sandwich** **on Marble Rye**Orange, Beet & Spinach SaladIce Cream Sandwich | Rustic Lentil Soup**Turkey Dijon Sandwich on Ciabatta Bread**Marinated Vegetable SaladDiced Melon | Cream of Broccoli Soup**Roast Beef Sandwich with Onion Marmalade**Carrot, Celery & Cucumber SaladPineapple Tidbits | Minestrone Soup**Herb Frittata**Romaine Lettuce SaladDinner RollApricot Halves |
| dinner | Veggies & Dill Dip**Roasted Chicken****w/ Poultry Gravy** Raisin Stuffing Mashed PotatoesGlazed CarrotsStrawberry Rhubarb Pie | Blushing Orange Salad**Oktoberfest Sausage**Sweet Potato Fries Roasted ZucchiniMango Crème Brûlée | Quinoa, Curry Apple Almond Salad**Spring Lamb Stew**Tea BiscuitGlazed YamsCantaloupe Wedge | Garden Salad**Apple Cranberry Stuffed Pork Loin** Mashed PotatoesGreen BeansPeach & Apple Crumble | Veggies & Ranch Dip**Italian Parmesan Meat Loaf**Fettuccine PastaRatatouilleFrench Cream Cheesecake | Mushroom & Garlic Flatbread**Cajun Seared Haddock** **with Maple Lime Butter**Roasted Baby Red PotatoesMashed ParsnipsCherry Crisp | Marinated Barley Salad**Horseradish & Pepper Crusted Beef Tenderloin**Whipped PotatoesCrisp Vegetable MedleyCaramel Bread Pudding  |
|  | \*Diabetic options available |

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|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| lunch | Harvest Pumpkin Soup**Chicken Mango Wrap**Tossed SaladTropical Fruit Salad | Tomato Vegetable Soup**Harvest Monte Cristo Sandwich**Waldorf SaladFruit Cocktail | Potato Bacon Soup**Sauerbraten Sandwich on a Pretzel Bun**Tossed SaladLemon Loaf | Borscht**Pork Loin Sandwich** Peach SalsaLayered SaladBlack Forest Pudding | Tuscan Beef Soup**Garden Quiche**Sweet Chilli Cucumber SaladDinner RollRaspberry Oatmeal Square | Roasted Sweet Potato & Garlic Soup**Ham Croissant**Apple Ginger Chutney Green Pepper SlawButterscotch Ice Cream | French Onion Soup**Beef Hamburger**Marinated Beet SaladVanilla Mousse |
| dinner | Guacamole w/ Pita Triangles**Roast Turkey**Mashed Potato & GravyRoasted Butternut SquashChocolate Cream Pie | Asiago Garlic Bread**Crunchy Dijon Cod** Roasted Parisian PotatoesHerbed Zucchini SpearsIced Orange Cake | Prairie Lentil Salad**Grilled Chicken Breast**Chasseur Sauce Baked Potato Seasoned CarrotsBanana Cream Pie | Veggies & Dill Dip**Beef Pot Roast**Buttermilk Mashed PotatoesBroccoliLemony Pumpkin Tart | Tomato Mozzarella Salad**Sage Crusted Pork Tenderloin**Paprika Seasoned PotatoesRoasted Fall VegetablesCarrot Cake | Vegetarian Samosa**Veal Scaloppini**Oven Roasted PotatoesBaked Acorn SquashChocolate Bread Pudding | Stuffed Mushrooms**Lemon Rosemary Chicken**Boiled Baby Red PotatoesPEI VegetablesFruit Trifle |
|  | \*Diabetic options available |

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|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| lunch | Tomato Basil**Egg Salad Sandwich On Whole Wheat**Tossed SaladLemon Squares | Cream of Celery**Shrimp Salad Croissant**Carrot & Raisin SaladMandarin Orange Segments |  Clam Chowder **Hot Chicken Sandwich**Caesar Salad Pickles & Green OlivesTangerine Mousse | Split Pea Soup**Philly Cheese Steak** Creamy Coleslaw and Tomato SlicesTropical Fruit Salad | Mushroom Barley Soup**Grilled Ham & Cheese** Tossed SaladLemon Loaf | Cream of Broccoli Soup**Ham & Pineapple Pizza**Caesar SaladCherry Strudel | Chicken Rice Soup**Teriyaki Chicken Wings**Tossed SaladAssorted Desserts |
| dinner | **Sunday Buffet**Assorted SaladsPotatoes & Rice**Choice of Two Entrees**Mixed VegetablesAssorted Desserts | Asian Noodle Salad**Sweet and Sour Pork** Fried RiceSnow PeasBanana Cream Pie | Spring Mix Salad**Salisbury Steak**Sautéed Mushrooms & OnionsMashed Potatoes CarrotsChocolate Mousse | Garden Salad**Potato Crusted Cod Loin with Chives & Cheddar**Mashed Potatoes Mashed Turnips CarrotsCream Cheese & Raspberry Strudel | Four Bean Salad**Beef Stroganoff** Egg NoodlesMixed VegetablesRhubarb Crisp | Caesar Salad**Chicken Cordon Bleu w/****Poultry Gravy** Roasted Potatoes & Brussels SproutsBread Pudding | Broccoli Salad**Pork Chop w/****Apple Sage Sauce** Roasted Potatoes Braised Red CabbagePeach Cobbler |
|  | \*Diabetic options available |