|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 |
| dinner | 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 |
|  | **\*Diabetic options available** | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 |
| dinner | 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 |
|  | \*Diabetic options available | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 |
| dinner | 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 |
|  | \*Diabetic options available | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 |
| dinner | 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 |
|  | \*Diabetic options available | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 |
| dinner | 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 |
|  | \*Diabetic options available | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 |
| dinner | **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 |
|  | \*Diabetic options available | | | | | | |