



WEEKLY MENU

LUNCH OCTOBER 21 TO OCTOBER 27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrées	Mac N Cheese	Maple, Ginger & Citrus Glazed Salmon	Braised Beef	Moroccan Chicken	Pulled Pork	Brunch Menu Cereal Tropicana OJ Chocolate Milk Eggs, Home Fries & Meat Waffles & Pancakes Muffins Fresh Fruit & Yogurt Chef's Savory Selection Chef's Salad Pastries	Brunch Menu Cereal Tropicana OJ Chocolate Milk Eggs, Home Fries & Meat Waffles & Pancakes Muffins Fresh Fruit & Yogurt Chef's Savory Selection Chef's Salad Pastries
Side	Broccoli	Rice Pilaf	Roasted Potato Wedges	Couscous	Corn Polenta		
Vegetarian 	N/A	Maple Ginger Tofu	Goat Cheese Stuffed Portobello Mushroom	Falafel with Tahini	Stacked Enchiladas		
Deli	Tomato Vegetable Wraps	Ham & Cheese	B.L.T. Wraps	Chicken Teriyaki Wrap	Smoked Salmon Bagels		
Show Stopper	Chick Pea Coconut Curry with Mint Yogurt Sauce	Sloppy Joes with Herbed Potatoes	Sundried Tomato Pesto Chicken on Italian Rice	Spicy Sausage Cavatappi in a Rose Sauce	Chicken Pot Pie		
Pizza & More	Cheese Pies	Beef & Cheese Burritos	Chicken Burgers	Beef & Cheese Ciabatta	Philly Cheese Steak Sandwiches		
Dessert	Fresh Fruit	Strawberry Shortcake	Banana Cake	Fruit Salad	Spiced Apple Cake		

look for these symbols beside select products:



WEEKLY MENU



DINNER OCTOBER 21 TO OCTOBER 27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Beef Meat Loaf & Gravy	Coconut Chicken Curry	Smokey B.B.Q. Pork Chops	Southern Fried Chicken	Assorted Artisan Pizzas	Chicken Alfredo	Glazed Ham
Vegetarian	Hungarian Corn & Black Bean Stew	Crispy Vegetable Pakoras with Riatta Sauce	Quinoa & Mushroom Pilaf	Stuffed Peppers	Vegetarian Pizza	Pasta Primavera	Honey Roasted Tofu
Side	Roast Potatoes	Indian Spice Scented Potatoes	Roasted Sweet Potato & Ginger Sugar Peas	Potato Salad & Coleslaw	Create Your Own Ceasar Salad	Garlic Bread & Broccoli	Roasted Garlic Potatoes & Grilled Zucchini
Show Stopper	Pub Fish & Tartar Sauce	Seafood Paella	Chicken Florentine with White Rice	Broccoli Cheesy Pasta Gratin	Chicken Wings	Pasta Bolognese	Grilled Salmon
Dessert	Glazed Donuts	Phyllo Turnovers	Cinnamon Buns	Cheese Cake	Ice Cream	Crumble	Sugar Pie

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