



# WEEKLY MENU

## Lunch October 18 to October 24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Entrées</b>	Cheese Pizza	Roast Salmon with a Dill Cream Sauce	Chicken Schnitzel	Beef Taco Casserole	Turkey Meatloaf	<b>Brunch Menu</b> Cereal Tropicana OJ Chocolate Milk Eggs, Home Fries & Meat Waffles & Pancakes Muffins Fresh Fruit & Yogurt Chef's Savory Selection Chef's Salad Pastries	<b>Brunch Menu</b> Cereal Tropicana OJ Chocolate Milk Eggs, Home Fries & Meat Waffles & Pancakes Muffins Fresh Fruit & Yogurt Chef's Savory Selection Chef's Salad Pastries
<b>Side</b>	Caesar Salad	Steamed Rice & Green Beans	Gravy, Mashed Potatoes, Carrots & Sauerkraut	Nacho Chips	Parmesan Roasted Baby Red Potatoes		
<b>Vegetarian</b> 	N/A	Feta & Spinach Couscous	Eggplant Schnitzel with Caper & Dill Sauce	Veggie Taco Casserole	Quinoa Lentil Loaf		
<b>Deli</b>	Bagel & Herb Cream Cheese	Black Forest Ham & Aged Cheddar	Roast Beef & Havarti	Turkey, Swiss & Chipotle	Pesto Chicken Salad		
<b>Show Stopper</b>	Gnocchi & Broccoli in Marinara	BBQ Pork Chili with Roasted Corn Bread	Teriyaki Beef on Steamed Rice	Chicken & Vegetable Fried Rice	Soft Fish Tacos		
<b>Dessert</b>	Fresh Fruit	Dutch Apple Squares	Fruit Salad	Cookies	Raspberry Bars		

look for these symbols beside select products:





# WEEKLY MENU

Dinner October 18 to October 24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Entrée</b>	Blackened Chicken	Pork Souvlaki	Chili & Lime Skirt Steak	Beef Lasagna	Chicken Ramen	Middle Eastern Roasted Lamb	Grilled Honey Garlic Chicken
<b>Vegetarian</b>	Crispy Tofu	Baked Chick Peas	Toasted Corn & Black Bean Cakes	Ricotta & Spinach Lasagna	Vegetarian Ramen	Root Vegetable Tagine	Stuffed Sweet Potatoes
<b>Side</b>	Rice Pilaf	Oregano Roasted Potatos & Eggplant	Cheesy Baked Cauliflower & Spanish Rice Pilaf	Garlic Bread & Steamed Broccoli	Lo Mein & Accompaniments	Grilled Flat Bread, Hummus, Couscous & Harissa Roasted Vegetables	Buttered Peas
<b>Show Stopper</b>	Grilled Sausage, Peppers & Rice	Greek-Style Baked Cod with Lemon & Roast Garlic with Rice	Perogies with Carmamalized Onion & Bacon	Baked Chicken, Roasted Red Pepper, Spinach & Gnocchi	Dumplings	Za'atar Roasted Salmon	Garlic Shrimp & Broccoli on Steamed Rice
<b>Dessert</b>	Blondies	Tiramisu	Cherry Clafoutis	Chocolate Mud Puddles	Sticky Monkey Bread	Crepes in Maple Butter	Coconut Fudge Bar

look for these symbols beside select products:

Gluten Free

Healthy  
by choice

Vegetarian  
by choice