

WEEK 4	16-Jan Monday	17-Jan Tuesday	18-Jan Wednesday	19-Jan Thursday	20-Jan Friday	21-Jan Saturday	22-Jan Sunday
<b>BREAKFAST</b>	<b>Continental Breakfast:</b> BEVERAGES: Assorted Juices, Milk, Tea, Coffee BREADS/CEREALS: Whole Wheat or Raisin Toast; Assorted Pastries, Porridge, Congee, Assorted Cold Cereals ADDITIONAL Yogurt, Fruit Salad, <b>FEATURED:</b> (Tuesday/Thursday/Saturday Hard-Boiled Eggs, Wednesday/Friday Stewed Prunes)						
<b>LUNCH Soup</b>	Creamy Broccoli	Chicken Vegetable	Navy Bean	Tomato Bisque	Carrot, Squash and Ginger Soup	Garden Vegetable	Cream of Chicken
<b>Chef Feature Lunch</b>	Reuben Sandwich on Marble Rye, Mixed Pickles, Fries	Quiche Lorraine, Spring Mix Salad	Chicken Burger with Swiss Cheese, Yam Fries, Fruit	Cubano-style Ham Sandwich on Soft Brioche Bun with Pickles and Chips	English Style Fish and Chips, Creamy Coleslaw	Mini Assortment: Mini Shepherd's Pie, Sausage Roll and Quiche, with Chicken Caesar Salad	French Toast with bacon, Fresh Fruit
<b>Garnish</b>							
<b>Lunch Alternates</b>	<b>Available alternate selections:</b> MAIN: Grilled Cheese;Cheesy Scramble OR Fried Eggs with Toast; Deli Turkey OR Vegetable Sandwich of the Day; Protein Cold Plate with Cottage Cheese, Fresh Fruit and Veggie Sticks; <b>DESSERT:</b> Jello or Daily Fruit						
<b>Veg Option</b>	Veg Sandwich	No change	Veg Tender	Veg Sandwich		Paneer version	Veg Sauce
<b>Dessert</b>	Ice Cream	Mini Cookies	Butterscotch Pudding	Diced Pears with Ice Cream	Lemon Pudding	Mini Assortment	Baked Peaches with Streusel Topping
<b>DINNER</b>	Corn Muffin	Baguette	Dinner Bun	Baguette	Garlic Bread	Baguette	Baguette
<b>Salad</b>	Spring Greens with Dates and Feta	Waldorf Salad	Caesar Salad with Parmesan and Croutons	Cucumber Salad	Green and Tomato Salad, Ranch Dressing	Mixed Green Salad	Leafy Greens Berry Salad with poppy seed dressing
<b>Chef Feature Dinner</b>	Southern Fried Chicken	Baked Salmon with Hollandaise Sauce	Beef Pot Roast Au Jus, finished with Caramelized onions, fresh herbs	Chicken Wellington	Teriyaki Beef Tips	Turkey Schnitzel with Lemon Butter Sauce	Baked Ham with Dijon Mustard-Pineapple Sauce, garnished with Chopped Pineapple and fresh herbs
<b>Dinner Alternates</b>	<b>Available Alternate Selections:</b> MAIN: Omelette: (Plain/Mushroom/Cheese/Chef Special) OR Cold Chicken Protein Plate with Veggie Sticks, Berries and Jello, OR Baked Chicken Breast or Fish, Potatoes/Rice (check which available) Fried Egg with Toast; <b>DESSERT:</b> Daily Fruit or Ice Cream						
<b>Sides</b>	Potato Wedges, Creamy Spinach, Herb and Cheese Roasted Tomato	Linguine with Cream Sauce, Asparagus and Pepper	Steamed Herbed Lemon Potatoes with Broccoli & Baby Carrots	Mashed Potatoes Chef choice Vegetables	Rice, Stir-fry Celery, Zucchini and Carrots	Citrus Herbed Orzo, Peas and Beets	Potatoes au Gratin, Green and Yellow Beans
<b>Dessert</b>	Mini Blueberry Tarts	Lemon Streusel Cake	Ice Cream Assortment	Coconut Cream Pie	Brownie with Chocolate Sauce and Raspberry Coulis	Berry Crumble	House Apple Tarts and Ice cream
<b>DINING TIMES</b>		<b>Breakfast 7:30-9:00am</b>		<b>LUNCH: 11:30am/12:30</b>		<b>DINNER: 4:30pm/5:30</b>	
<b>Pick Up times: Lunch 12 noon Dinner 5pm</b>							