



September 2019 Food Service Menu

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	3	2	3	4	5	6	7
LUNCH		Hearty Vegetable	Broccoli Soup	Creamy Celery Soup	Roasted Red Pepper Soup	California Bean Soup	Creamy Asparagus
		Fish Bruger w/ Tartar Sauce	Herb Frittata	Roast Lamb w/ Peach Mint Salsa	Maple Glazed Salmon	Beef Lasagna	Roast Chicken
		Creamy Coleslaw	Bean and Pepper Salad	Mashed Potatoes/Diced Beets	Basmati Rice/Asian Mixed Vegetables	Caesar Salad	Oven roast potatoes/Veg Medley
		Tangerine Mousse	Cake	Apple Pie	Cottage Pudding	Peaches w/ Ice Cream	Peach Pie
DINNER	Labour Day- Closed	Roast Beef/Gravy	Beef Liver/Onions	Turkey Melt Sandwich	Chicken Athenian	Tilapia ~balsamic/onions	Beef Stew
		Scalloped Potatoes/Corn	Potato Romanoff/Gingered Carrots	Garden Salad	Barley Pilaf/Red Stewed Cabbage	Baby boiled potatoes/yellow beans	Rice Pilaf/Broccoli
		Fruit Cup	Stwed Rhubarb/Custard	Ice Cream Sandwich	Fruit Cup	Clueberry Coffee Cake	Fruit Cocktail
	4	9	10	11	12	13	14
LUNCH	Mushroom, Dijon and Dill English Style Fish	Chicken Gumbo Soup Turkey Burger	Creamy Cauliflower Turkey Melt	Mediterranean Lentil Chicken Toscana	California Bean Beef Pot Roast	Creamy Asparagus Honey Garlic Chicken Breast	Mushroom, Dijon, Dill Spinach Omelet
	Potato Wedges/ Carrots	Beet,Corn and Cilantro Salad	Garden Salad	Baby Rstd Potatoes/Rstd Dice Vegetables	Lyonnaise Potatoes/Broccoli	Basmati Rice/Stirfried Vegetables	Summer Veg Salad/Brioche Roll
	Diced Watermelon	Fresh Seasonal Fruit	Orange Sherbet Cup	Trifle	Fruit Salad	Rice Pudding w/ Cinnamon	Ice Cream Sandwich
DINNER	Coconut Curry Beef	Cod Masala	Beef Stroganoff	Salmon w/ Watermelon Salsa	Macaroni and Cheese Casserole	Roast Lamb	Veal Roast
	White Rice/California Mixed Veg	Quinoa Pilaf/Steamed Spinach	Rotini Pasta/ Asparagus	Basmati Rice/Mixed Veg.	Garden Salad	Mashed Potatoes/ Green Peas	O'Brien Potatoes/Cauliflower
	Mandarin Oranges	Pineapple	Yogurt cup	Chocolate Cake	Tapioca Pudding	Apple Pie	Cantaloupe Slices
	5	16	17	18	19	20	21
LUNCH	Butternut Squash	Creamy Tomato	Hearty Vegetable Soup		Roasted Vegetables	Minestrone Soup	Vegetable Pesto Soup
	Pasta Alfredo w/ Summer Vegetables	Veal Ragout w/Honey/Curry	Garlic Lime Chicken	Spanish Menu	BBQ Salmon Plate	Potato Leek Quiche	Turkey/Gravy/Stuffing
	Garden Salad and Dinner Roll	Quinoa Pilaf/Spinach	Zesty Risotto/Sauteed Vegetable Medley		Pasta Salad/Coleslaw	Vegetable Salad	Mashed Potato/brussel Sprouts
	Dessert: Apple Crumble Square	Dessert: Strawberry Shortcake	Dessert: Peach Cobbler		Dessert: Carrot Cake	Yogurt Berry Trifle	Lemon Meringue Pie
DINNER	Roast Lamb	Lemon baked Haddock	Turkey Stirfry Calabrese	Fish Newburg on Pastry Shell	Creamy Mushroom,beef Meatballs	Apricot Curry Chicken	Beef Chasseur
	Potato Wedges/Beets	Paprika Potatoes/Broccoli	Linguine Pasta/Grilled Vegetables	Rice and Carrots	Roast Potatoes/California Mixed Veg.	Ginger Rice/Sauteed Zuchini	Country Dice Potatoes/Veg. Medley
	Dessert: Fruit Compote	Dessert: Honeydew Slices	Dessert: Fruit Cocktail	Dessert: Diced Pears	Dessert: Pineapple	Custard/Stewed Rhubarb	Lemon Meringue Pie
	1	23	24	25	26	27	28
LUNCH	Italian Lentil	Fish Chowder	Chicken Noodle	Potato Leek Soup	Roasted Cauliflower Soup	Mushroom Barley	Pea Soup
	Cottage Cheese Fruit Plate w/ Scone	Pasta, Rigatoni w/ Spinach	Coconut Curry Basa	Roast 1/4 Chicken	Chicken Tandoori Souvlaki w/ Tzatziki	Lemon Caper Sole	Roast chicken
		Garden Salad/Dinner Roll	Mashed Potatoes/ Bistro Mixed Vegetables	Scalloped Potatoes/Corn	Rice Pilaf/ Mediterrean Mixed Vegetables	Mini Red Roasted Potatoes/Broccoli	Oven Roast Potatoes/Asparagus Medley
	Dessert: Mandain Orange Slices	Strawberry Mousse	Dessert: Yogurt Cup	Dessert: Cheese Cake Squares	Fresh Fruit	Jello Cup	Fruit Cocktail
DINNER	Mesquite Grilled Chicken Breast	Beef Stew w/ Pot/Veg/dumplings	Meat Loaf/Gravy	Vegetable Chilli w/ Corn Bread	Veal on a Bun	Sheperds Pie/Gravy	Roast Beef
	Santa Fe Rice/Mexi-corn		Roast Potatoes/ Mixed Vegetables		Egg Noodles/Asparagus	Mixed California Vegetables	Lyonnaise Potatoes/Broccoli
	Pudding Cup	Dessert: Chocolate Cake	Dessert: Apple Sauce	Dessert: cheesecake	Fruit compote w/ Cinnamon	Coffee Cake	Carrot Cake
	2	30	28	29	30	31	
LUNCH	Indian Style Corn Soup	Mushroom Soup	Chicken Gumbo Soup	Creamy Celery Soup	Carrot Ginger Soup	California Bean Soup	
	Four Cheese Ravioli~Baked	Turkey Sausage Egg Frittata	Curry Chicken	Macaroni and Cheese	Roast Chicken	Sheperds Pie/Gravy	
	Garden Salad and Dinner Roll	Salad/Dinner Roll	Rice and Peas w/ Creamy Coleslaw	Chef's Salad	O'Brien Potatoes/ Gingered Carrots	California Mixed Vegetables	
	Rainbow Sherbet	Stewed Rhubarb on Custard	Dessert: Mango Ice Cream	Dessert: Pineapple Tidbits	Dessert: Fruit Salad	Dessert: Tropical Fruit Salad	
DINNER	Grilled Haddock	Beef Stew on Pastry Shell	Egg Herb Frittata	Lamb Curry	Veal on a Bun	Asian Glazed Salmon	
	Rice/Lemon Broccoli	Green Beans	Bean and Pepper Salad	Vegetable Rice Pilaf/Minted Green Peas	Red Beet Citrus Salad	Rice/Asian Mixed Veg.	
	Peach Slices	Watermelon Slices	Dessert: Mixed Berries	Dessert: Jello Cup	Dessert: Chocolate Cake	Pudding Cup	