

# Week 1: Sunday January 29 - Saturday February 4, 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LUNCH	Soup & Salad  Spaghetti & Meatballs  Mixed Vegetables  Tuna Salad Chef Salad  Cheesecake Fresh Fruit Ice Cream Cookies	Soup & Salad  Parmesan Chicken Tenders  Basmati Rice Grilled Vegetable Casserole  Club Grilled Chicken Salad  Pineapple Upside Down Cake Fresh Fruit Ice Cream Cookies	Soup & Salad  Turkey Cutlet  Baked Sweet Potato Roasted Vegetables  Chicken Salad Croissant Strawberry Spinach Salad  Coconut Cake Fresh Fruit Ice Cream Cookies	Soup & Salad  Pineapple Ham  California Mixed Vegetables Macaroni & Cheese  Grilled Chicken Quesadilla Chef Salad  Strawberry Shortcake Fresh Fruit Ice Cream Cookies	Soup & Salad  Fried Chicken  Mashed Potatoes with Gravy Green Beans  Grilled Cheese Trio Salad Plate  Chocolate Cake Fresh Fruit Ice Cream Cookies	Soup & Salad  Crab Cake  Grilled Lemon Asparagus Basmati Rice  Egg Salad Sandwich Turkey Waldorf Salad  Orange Cake Fresh Fruit Ice Cream Cookies	Soup & Salad  Chicken Casserole  Grilled Vegetables  Turkey Wrap Chef's Choice Salad  Cheesecake Fresh Fruit Ice Cream Cookies
DINNER	Soup & Salad  Grilled Chicken Breast Herbed Scod Loin  Macaroni & Cheese Zucchini & Tomatoes Steamed Carrots Lima Beans  Apple Pie Fresh Fruit Ice Cream Cookies	Soup & Salad  Sausage & Pepper Rigatore Grilled Salmon  Steamed Snow Peas Italian Vegetable Blend Steamed Asparagus Baby Baked Potatoes  Cherry Cobbler Fresh Fruit Ice Cream Cookies	Soup & Salad  Pot Roast with Root Vegetables Shrimp Scampi  Rice Pilaf Steamed Snow Peas  Peach Cobbler Fresh Fruit Ice Cream Cookies	Soup & Salad  Meat Lasagna Baked Flounder  Steamed Broccoli Escalloped Cauliflower Steamed Spinach  Bread Pudding Fresh Fruit Ice Cream Cookies	Soup & Salad  Meatloaf with Onion Gravy Turkey Medallions  Egg Noodles Venetian Vegetable Blend Baby Carrots  Apple Cobbler Fresh Fruit Ice Cream Cookies	Soup & Salad  3 Cheese Ravioli Pork Medallions  Spinach & Artichoke Steamed Chef Choice Mashed Sweet Potatoes  Pecan Pie Fresh Fruit Ice Cream Cookies	Soup & Salad  Baked Chicken Grilled Flank Steak  Rice Florentine Steamed Peas Steamed Broccoli Baked Potato  Fruit Cobbler Fresh Fruit Ice Cream Cookies

**Assorted breads and beverages are offered upon request. Chef salad, hamburger or chicken tenders are always available. Please ask your server for details. Our food is prepared without the addition of salt. Salt and salt free seasonings are available at the table. Menu changes may occur. Consumption of raw or undercooked foods may increase your risk of food borne illness.**

## Week 2: Sunday February 5 - Saturday February 11, 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LUNCH</b>	Soup & Salad  Spaghetti & Meatballs  Mixed Vegetables  Tuna Salad Chef Salad  Cheesecake Fresh Fruit Ice Cream Cookies	Soup & Salad  Parmesan Chicken Tenders  Basmati Rice Grilled Vegetable Casserole  Club Grilled Chicken Salad  Pineapple Upside Down Cake Fresh Fruit Ice Cream Cookies	Soup & Salad  Turkey Cutlet  Baked Sweet Potato Roasted Vegetables  Chicken Salad Croissant Strawberry Spinach Salad  Coconut Cake Fresh Fruit Ice Cream Cookies	Soup & Salad  Pineapple Ham  California Mixed Vegetables Macaroni & Cheese  Grilled Chicken Quesadilla Chef Salad  Strawberry Shortcake Fresh Fruit Ice Cream Cookies	Soup & Salad  Fried Chicken  Mashed Potatoes with Gravy Green Beans  Grilled Cheese Trio Salad Plate  Chocolate Cake Fresh Fruit Ice Cream Cookies	Soup & Salad  Crab Cake  Grilled Lemon Asparagus Basmati Rice  Egg Salad Sandwich Turkey Waldorf Salad  Orange Cake Fresh Fruit Ice Cream Cookies	Soup & Salad  Chicken Casserole  Grilled Vegetables  Turkey Wrap Chef's Choice Salad  Cheesecake Fresh Fruit Ice Cream Cookies
<b>DINNER</b>	Soup & Salad  Grilled Chicken Breast Herbed Scod Loin  Macaroni & Cheese Zucchini & Tomatoes Steamed Carrots Lima Beans  Apple Pie Fresh Fruit Ice Cream Cookies	Soup & Salad  Sausage & Pepper Rigatore Grilled Salmon  Steamed Snow Peas Italian Vegetable Blend Steamed Asparagus Baby Baked Potatoes  Cherry Cobbler Fresh Fruit Ice Cream Cookies	Soup & Salad  Pot Roast with Root Vegetables Shrimp Scampi  Rice Pilaf Steamed Snow Peas  Peach Cobbler Fresh Fruit Ice Cream Cookies	Soup & Salad  Meat Lasagna Baked Flounder  Steamed Broccoli Escaloped Cauliflower Steamed Spinach  Bread Pudding Fresh Fruit Ice Cream Cookies	Soup & Salad  Meatloaf with Onion Gravy Turkey Medallions  Egg Noodles Venetian Vegetable Blend Baby Carrots  Apple Cobbler Fresh Fruit Ice Cream Cookies	Soup & Salad  3 Cheese Ravioli Pork Medallions  Spinach & Artichoke Steamed Chef Choice Mashed Sweet Potatoes  Pecan Pie Fresh Fruit Ice Cream Cookies	Soup & Salad  Baked Chicken Grilled Flank Steak  Rice Florentine Steamed Peas Steamed Broccoli Baked Potato  Fruit Cobbler Fresh Fruit Ice Cream Cookies

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## Week 3: Sunday February 12 - Saturday February 18, 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LUNCH</b>	Soup & Salad Chicken Cordon Bleu Squash Medley Green Bean Almondine Chef's Choice Cobb Salad Chocolate Cheesecake Fresh Fruit Ice Cream Cookies	Soup & Salad Oven Fried Pork Chop Egg Noodles Roasted Vegetables Hamburger Chef Salad Coconut Cream Pie Fresh Fruit Ice Cream Cookies	Soup & Salad Beef Stew in Bread Bowl Coleslaw Ham Wrap Grilled Chicken Salad Lemon Meringue Pie Fresh Fruit Ice Cream Cookies	Soup & Salad Parmesan Crusted Chicken Grilled Asparagus Steamed Baby Carrots Chicken Salad Chef's Choice Lemon Cake Fresh Fruit Ice Cream Cookies	Soup & Salad Teriyaki Chicken Brown/White Rice Stir Fry Vegetables Ham & Swiss on Rye Chicken Salad in Tomato Chocolate Cake Fresh Fruit Ice Cream Cookies	Soup & Salad Crab Stuffed Founder Herbed Pasta with Vegetables Steamed Broccoli with Cheese Grilled Chicken Panini Trio Salad Plate Cheesecake Fresh Fruit Ice Cream Cookies	Soup & Salad Chicken Wings Potato Salad Baked Beans Grilled Cheese Tuna Salad Plate Pineapple Upside Down Cake Fresh Fruit Ice Cream Cookies
<b>DINNER</b>	Soup & Salad Herbed Tilapia Beef Pot Pie Rice Pilaf Macaroni & Cheese Cherry Cobbler Fresh Fruit Ice Cream Cookies	Soup & Salad Shrimp Crepes Sweet & Sour Chicken Brown/White Rice Roasted Corn on the Cob Steamed Asparagus Peach Cobbler Fresh Fruit Ice Cream Cookies	Soup & Salad Herbed Crusted Pork Loin Chef's Choice Steamed Yellow Carrots Steamed Peas Risotto Apple Cake Fresh Fruit Ice Cream Cookies	Soup & Salad London Broil Crab Cakes Herbed Tricolor Pasta Basmati Rice French Cut Green Beans Steamed Zucchini Blueberry Pie Fresh Fruit Ice Cream Cookies	Soup & Salad Roasted Turkey Broiled Cod Filet Cinnamon Apple Rice Venetian Vegetable Blend Parmesan Orzo Banana Pudding Fresh Fruit Ice Cream Cookies	Soup & Salad Fresh Catch of the Day Grilled Chicken Breast Roasted Corn Chef's Choice Vegetable Steamed Asparagus Steamed Spinach Apple Dumplings Fresh Fruit Ice Cream Cookies	Soup & Salad Rib Eye Steak Lobster Ravioli Baked Potatoes Rose Sauce Grilled Mushrooms & Peppers San Franciscan Blend Apple Pie Fresh Fruit Ice Cream Cookies

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# Week 4: Sunday February 19 – Saturday February 25, 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LUNCH	Soup & Salad Fried Chicken Steamed Asparagus Corn on the Cob Grilled Cheese Cobb Salad Chocolate Cake Fresh Fruit Ice Cream Cookies	Soup & Salad Meatloaf Mashed Potatoes with Gravy Green Beans Turkey and Cheese Panini Cottage Cheese Fruit Plate Carrot Cake Fresh Fruit Ice Cream Cookies	Soup & Salad Beef Burgundy Egg Noodles Glazed Carrots Southwestern Wrap Grilled Chicken Salad Apple Pie Fresh Fruit Ice Cream Cookies	Soup & Salad BBQ Ribs Baked Beans Coleslaw Club Taco Salad Orange Cake Fresh Fruit Ice Cream Cookies	Soup & Salad Roasted Turkey Sweet Potatoes Green Beans Grilled Ham Chef Salad Pumpkin Pie Fresh Fruit Ice Cream Cookies	Soup & Salad Three Cheese Ravioli Marinara or Alfredo Sauce Steamed Carrots Grilled Chicken Flatbread Salad Du Jour Berry Cobbler Fresh Fruit Ice Cream Cookies	Soup & Salad Grilled Shrimp Crispy Fried Potatoes Grilled Asparagus Hamburger Spinach Salad Red Velvet Cake Fresh Fruit Ice Cream Cookies
DINNER	Soup & Salad Stuffed Peppers Grilled Ham & Cheese Chips/ Potato Salad Italian Beans Capri Vegetables Apple Crisp Fresh Fruit Ice Cream Cookies	Soup & Salad Tilapia Grilled Chicken Breast Herbed Couscous Fiesta Coleslaw Cape Cod Blend Broccoli Spears Chocolate Pie Fresh Fruit Ice Cream Cookies	Soup & Salad Baked Ham Baked Herbed Chicken Macaroni & Cheese Basmati Rice Escaloped Apples Steamed Cauliflower Yellow Cake with Chocolate Icing Fresh Fruit Ice Cream Cookies	Soup & Salad Salmon Broccoli Cheese Chicken Roasted Potatoes Fettuccini Alfredo Tuscan Blend Vegetables Fresh Snow Peas Coconut Custard Pie Fresh Fruit Ice Cream Cookies	Soup & Salad Pork Medallions Chef's Choice Creamy Parmesan Orzo Pasta Salad Mashed Potatoes Lemon Meringue Pie Fresh Fruit Ice Cream Cookies	Soup & Salad Fresh Catch of the Day London Broil Baked Baby Potatoes Steamed Squash Medley Steamed Broccoli Gingerbread Fresh Fruit Ice Cream Cookies	Soup & Salad Beef Peppered Steak Chicken Casserole Brown Rice Glazed Carrots Coconut Cream Pie Fresh Fruit Ice Cream Cookies

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## Week 5: Sunday February 26 – Saturday March 3, 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LUNCH</b>	Soup & Salad Chicken Cordon Bleu Green Bean Almondine Steamed Carrots Turkey Club Mixed Greens Cake Fresh Fruit Ice Cream Cookies	Soup & Salad Grilled Salmon Brown Rice Grilled Asparagus Grilled Cheese & Tomato Trio Salad Pasta Lemon Cake Fresh Fruit Ice Cream Cookies	Soup & Salad Grilled Chicken Breast Couscous Garden Medley Blend BBQ Beef Grilled Chicken Salad Coconut Cream Pie Fresh Fruit Ice Cream Cookies	Soup & Salad Chili Coleslaw Italian Hoagie Cobb Salad Assorted Mousse Fresh Fruit Ice Cream Cookies	Soup & Salad Grilled Flank Steak Steamed Squash Medley Steamed Italian Beans Hamburger Strawberry Spinach Salad Chocolate Cake Fresh Fruit Ice Cream Cookies	Soup & Salad Pub Battered Cod Coleslaw French Fries Ham on Rye Salad Du Jour Gingerbread Fresh Fruit Ice Cream Cookies	Soup & Salad Roasted Chicken Roasted Potatoes & Carrots Tuscan Vegetable Blend Chef's Choice Tomato Stuffed Cottage Cheese Pound Cake with Strawberries Fresh Fruit Ice Cream Cookies
<b>DINNER</b>	Soup & Salad Broiled Tilapia Chicken Fettuccini Alfredo Venetian Vegetable Blend Steamed Broccoli Corn on the Cob Steamed Zucchini Apple Pie Fresh Fruit Ice Cream Cookies	Soup & Salad Baked Chicken Cabbage Rolls Escalloped Potatoes San Franciscan Blend Peach Cobbler Fresh Fruit Ice Cream Cookies	Soup & Salad Open Faced Hot Roast Beef Baked Flounder Mashed Potatoes with Gravy Macaroni & Cheese Lemon Steamed Broccoli Peas & Pearl Onions Yellow Cake with Chocolate Icing Fresh Fruit Ice Cream Cookies	Soup & Salad Chicken Marsala Bourbon Pork Loin Wild Rice Steamed Spinach Brussels Sprouts Roasted Root Medley Blackberry Cobbler Fresh Fruit Ice Cream Cookies	Soup & Salad Crab Cakes Stir-Fry Chicken Brown Rice Schezuan Vegetable Blend Cauliflower with Cheese Sauce Egg Roll Boston Cream Pie Fresh Fruit Ice Cream Cookies	Soup & Salad BBQ Spare Rib Lobster Ravioli with Alfredo Potato Salad Coleslaw Fresh Cut Green Beans Steamed Zucchini Cherry Pie Fresh Fruit Ice Cream Cookies	Soup & Salad Roasted Turkey Breast Herbed Tilapia Noodles Romanoff Baked Sweet Potato Roasted Beets & Carrots Cornbread Stuffing Gelatin with Whipped Cream Fresh Fruit Ice Cream Cookies

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