

# Weekly Menu

March 31st – April 6th, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Country Bean and Vegetable Soup <i>45cal 1g sugar</i></p>	<p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Beef Barley Soup <i>130cal 2g sugar</i> 🌱</p>	<p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Cream of Broccoli Soup <i>240cal 2g sugar</i> 🌱</p>	<p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Bacon and Potato Chowder <i>130cal 3g sugar</i> 🌱</p>	<p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Carrot Ginger Soup <i>80cal 2g sugar</i></p>	<p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Cheddar Vegetable Bisque <i>110cal 2g sugar</i> 🌱</p>	<p><u>SOUPS</u></p> <p>Italian Vegetable <i>50cal 2g sugar</i></p> <p>Chicken and Rice Soup <i>60cal 0g sugar</i></p>
<p><u>LUNCH</u></p> <p>Turkey Vegetable Primavera Pasta <i>320cal 4g sugar</i> 🌱</p> <p>OR</p> <p>Shrimp Louie Salad <i>220cal 5g sugar</i> 🌱 🍷</p>	<p><u>LUNCH</u></p> <p>Classic BLT, Fries <i>540cal 3g sugar</i> 🌱 🍷</p> <p>OR</p> <p>Mexican Omelet, Savoury Corn Pancake, Black Beans <i>640cal 7g sugar</i> 🌱</p>	<p><u>LUNCH</u></p> <p>Grilled Chicken on Waldorf Salad <i>300cal 14g sugar</i> 🌱</p> <p>OR</p> <p>Irish Lamb and Potato Stew <i>210cal 4g sugar</i></p>	<p><u>LUNCH</u></p> <p>Philly Cheesesteak, Herb Potato Wedges <i>520cal 4g sugar</i> 🌱 🍷</p> <p>OR</p> <p>Chicken Tenders, Mashed Potatoes &amp; Chicken Gravy <i>180cal 2g sugar</i> 🌱 🍷</p>	<p><u>LUNCH</u></p> <p>Cabbage Rolls, Smoked Sausage, Buttered Pierogis <i>700cal 8g sugar</i> 🌱 🍷</p> <p>OR</p> <p>Tuna Cheddar Melt, Potato Chips <i>450cal 1g sugar</i> 🌱 🍷 🍷 🍷</p>	<p><u>LUNCH</u></p> <p>Montreal Reuben Smoked Meat Sandwich, Fries <i>410cal 5g sugar</i> 🌱 🍷 🍷 🍷</p> <p>OR</p> <p>Tempura Shrimp on Shaved Melon Greens <i>220cal 11g sugar</i> 🌱 🍷 🍷</p>	<p><u>LUNCH</u></p> <p>Chicken Wings, Potato Salad <i>790cal 5g sugar</i> 🌱 🍷</p> <p>OR</p> <p>Beef Quesadilla, Sour Cream, Mexican Rice <i>740cal 6g sugar</i> 🌱 🍷 🍷</p>
<p><u>DESSERT</u></p> <p>Crème Caramel <i>120cal 14g sugar</i> 🌱 🍷</p>	<p><u>DESSERT</u></p> <p>White Chocolate Scone with Blueberry Compote <i>460cal 20g sugar</i> 🌱 🍷 🍷</p>	<p><u>DESSERT</u></p> <p>Strawberry Shortcake Yogurt Parfait <i>250cal 24g sugar</i> 🌱 🍷 🍷</p>	<p><u>DESSERT</u></p> <p>Key Lime Tart <i>230cal 24g sugar</i> 🌱 🍷 🍷</p>	<p><u>DESSERT</u></p> <p>Apple Slices and Caramel <i>400cal 64g sugar</i> 🌱</p>	<p><u>DESSERT</u></p> <p>S'mores Chocolate Pudding <i>260cal 20g sugar</i> 🌱 🍷</p>	<p><u>DESSERT</u></p> <p>Cherry Coffee Cake <i>160cal 16g sugar</i> 🌱 🍷 🍷</p>

Soup, Greens Salad or Caesar Salad Available with Lunch and Dinner, Followed by In House Made Dessert

# Weekly Menu

March 31st – April 6th, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>DINNER</u> Rolled Corn Beef and Braised Cabbage <i>150cal 4g sugar</i></p> <p>OR</p> <p>Country Style Fried Chicken <i>230cal 0g sugar</i></p>	<p><u>DINNER</u> Slow Roasted Pork Tenderloin, Dijon Cream Sauce <i>430cal 0g sugar</i></p> <p>OR</p> <p>Cajun Blackened Tilapia, Creamy Polenta <i>380cal 4g sugar</i></p>	<p><u>DINNER</u> Chicken Parmesan <i>370cal 0g sugar</i></p> <p>OR</p> <p>Beef Lasagna, Garlic Bread <i>310cal 6g sugar</i></p>	<p><u>DINNER</u> Apricot Glazed Pork Chop <i>150cal 2g sugar</i></p> <p>OR</p> <p>Baked Sole, Butter Sauce <i>240cal 0g sugar</i></p>	<p><u>DINNER</u> BBQ Pulled Pork, Baked Beans, Coleslaw, Corn Bread <i>460cal 23g sugar</i></p> <p>OR</p> <p>Fish &amp; Chips Tartar Sauce, Coleslaw <i>470cal 25g sugar</i></p>	<p><u>DINNER</u> Salmon with Dill Hollandaise <i>270cal 0g sugar</i></p> <p>OR</p> <p>Beef Liver and Onions <i>290cal 2g sugar</i></p>	<p><u>DINNER</u> Glazed Baked Ham <i>100cal 4g sugar</i></p> <p>OR</p> <p>Lemon Pepper Cod, Mango Salsa <i>130cal 7g sugar</i></p>
<p><u>DESSERT</u> Peach Crisp <i>160cal 3g sugar</i></p>	<p><u>DESSERT</u> Lemon Pie <i>240cal 23g sugar</i></p>	<p><u>DESSERT</u> Chocolate Espresso Panna Cotta <i>480cal 11g sugar</i></p>	<p><u>DESSERT</u> Caramel Bread Pudding <i>300cal 30g sugar</i></p>	<p><u>DESSERT</u> Coconut Layer Cake <i>420cal 25g sugar</i></p>	<p><u>DESSERT</u> Berry Cheesecake <i>300cal 22g sugar</i></p>	<p><u>DESSERT</u> Pecan Pie <i>460cal 33g sugar</i></p>

Soup, Greens Salad or Caesar Salad Available with Lunch and Dinner, Followed by In House Made Dessert

**Feature Potato: Baked Potato**  
Menu Subject to Change

## ALLERGENS

