



















































Weekly Menu

May 26th – June 1st, 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 & 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

May 26th – June 1st, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>DINNER</u></p> <p>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></p> <p>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></p> <p>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></p> <p>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></p> <p>BBQ Pulled Pork, Baked Beans, Coleslaw, Corn Bread <i>460cal 23g sugar</i></p> <p>OR</p> <p>Fish & Chips Tartar Sauce, Coleslaw <i>470cal 25g sugar</i></p>	<p><u>DINNER</u></p> <p>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></p> <p>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></p> <p>Peach Crisp <i>160cal 3g sugar</i></p>	<p><u>DESSERT</u></p> <p>Lemon Pie <i>240cal 23g sugar</i></p>	<p><u>DESSERT</u></p> <p>Chocolate Espresso Panna Cotta <i>480cal 11g sugar</i></p>	<p><u>DESSERT</u></p> <p>Caramel Bread Pudding <i>300cal 30g sugar</i></p>	<p><u>DESSERT</u></p> <p>Coconut Layer Cake <i>420cal 25g sugar</i></p>	<p><u>DESSERT</u></p> <p>Berry Cheesecake <i>300cal 22g sugar</i></p>	<p><u>DESSERT</u></p> <p>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



Egg



Fish



Dairy



Mustard



Peanut



Sesame



Soy



Tree Nuts



Wheat



Crustaceans