

Weekly Menu

September 7th – September 13th, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Creamy Chicken Vegetable Soup <i>180cal 2g sugar</i> 	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Mushroom Barley Soup <i>80cal 3g sugar</i> 	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Maritime Fish Chowder <i>190cal 6g sugar</i>   	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Roasted Pepper & Tomato Basil Soup <i>40cal 3g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Sweet Potato and Apple Puree <i>120cal 7g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Beef Vegetable Soup <i>70cal 2g sugar</i>	<u>SOUPS</u> Italian Vegetable <i>50cal 2g sugar</i> Potato, Celery and Leek Soup <i>180cal 2g sugar</i>
<u>LUNCH</u> Gnocchi Pasta Sausage & Peppers, Tomato Sauce and Garlic Bread <i>630cal 8g sugar</i>   OR Tuna Nicoise Salad <i>220cal 7g sugar</i>  	<u>LUNCH</u> Denver Sandwich, Potato Wedges <i>590cal 7g sugar</i>    OR Grilled Honey Dijon Chicken, Pear and Pecan Salad <i>460cal 32g sugar</i>  	<u>LUNCH</u> Grilled Ham Salad Sandwich, Onion Rings <i>460cal 7g sugar</i>   OR Beef Taco Salad Bowl <i>210cal 3g sugar</i> 	<u>LUNCH</u> Turkey Cranberry Wrap, Sweet Potato Fries <i>700cal 36g sugar</i>   OR Salmon Waldorf Salad <i>250cal 13g sugar</i>   	<u>LUNCH</u> Cod Fish Stick Sandwich <i>520cal 11g sugar</i>    OR Sweet & Sour Pork, Vegetables and Rice <i>310cal 19g sugar</i>  	<u>LUNCH</u> Tempura Shrimp, Asian Cucumber Salad <i>210cal 5g sugar</i>     OR Chicken Caesar Wrap, Fries <i>690cal 12g sugar</i>    	<u>LUNCH</u> Grilled Peanut Butter Banana & Jelly Sandwich, Cottage Cheese & Berries <i>530cal 34g sugar</i>    OR Classic Eggs Benedict (Ham) <i>280cal 22g sugar</i>   
<u>DESSERT</u> Cherry Crumble Tart <i>240cal 41g sugar</i>   	<u>DESSERT</u> Oatmeal Cookies with Poached Pears <i>90cal 10g sugar</i>  	<u>DESSERT</u> Rum Baba <i>350cal 42g sugar</i>   	<u>DESSERT</u> Nanaimo Bar <i>300cal 12g sugar</i>   	<u>DESSERT</u> Maple Mocha Cake <i>460cal 29g sugar</i>   	<u>DESSERT</u> S'mores Pudding <i>260cal 20g sugar</i>   	<u>DESSERT</u> Blueberry Custard Tart <i>130cal 22g sugar</i>   

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>DINNER</u> BBQ Pork Ribs <i>720cal 9g sugar</i> OR Steak Diane <i>440cal 1g sugar</i> 	<u>DINNER</u> Poached Salmon, Spinach & Leek Cream Sauce <i>190cal 1g sugar</i>   OR Chicken Cacciatore, Orzo Pasta, Parmesan Cheese <i>310cal 4g sugar</i>   	<u>DINNER</u> Rigatoni Bolognese, Garlic Bread <i>640cal 8g sugar</i>    OR Lemon Herbed Baked Cod <i>140cal 0g sugar</i> 	<u>DINNER</u> Pork Tenderloin, Peppercorn Gravy <i>160cal 0g sugar</i> OR Chicken Kiev <i>250cal 0g sugar</i>   	<u>DINNER</u> Roasted Chicken Drumsticks <i>250cal 0g sugar</i> OR Seared Snapper, Lemon Cream Sauce <i>170cal 0g sugar</i>  	<u>DINNER</u> Beef Liver, Bacon & Onions <i>310cal 2g sugar</i> OR Grilled Halibut <i>120cal 0g sugar</i> 	<u>DINNER</u> Seafood Lasagna <i>430cal 4g sugar</i>      OR Pork Roast, Mustard Sauce <i>140cal 0g sugar</i> 
<u>DESSERT</u> Hummingbird Cake <i>660cal 47g sugar</i>    	<u>DESSERT</u> German Chocolate Cake <i>350cal 42g sugar</i>    	<u>DESSERT</u> Apple Croustade <i>280cal 22g sugar</i>  	<u>DESSERT</u> Pear & Rhubarb Crisp <i>250cal 25g sugar</i> 	<u>DESSERT</u> Lemon Pudding Cake <i>160cal 21g sugar</i>   	<u>DESSERT</u> Chocolate Orange Cheesecake <i>300cal 21g sugar</i>   	<u>DESSERT</u> Pumpkin Pie <i>230cal 13g sugar</i>   

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Feature Potato: Potatoes au Gratin

Menu Subject to Change

ALLERGENS



Egg



Fish



Dairy



Mustard



Peanut



Sesame



Soy



Tree Nuts



Wheat



Crustaceans